



GROUP EXERCISE SCHEDULE- MAY 2015

191 West Esperanza
Green Valley, Arizona
85614
Phone: (520) 791-7325

Monday	Tuesday	Wednesday	Thursday	Friday
<p><u>Important Dates & Information</u></p> <p>★ Friday 15th: Movie Matinee at 11:30a</p> <p>★ Monday May 25th: Closed in observance of Memorial Day</p> <p>Wednesday May 27th: Senior Wellness Day ALL DAY</p>				
<p>4</p> <p>Fall Free® Balance Enhanced Level 2 1:30p Up In Arms™ 2:00p</p>	<p>5</p> <p>Core Concepts™ 9:30a Fall Free® Balance Enhanced Level 2 10:00a & 2:00p</p>	<p>6</p> <p>Fall Free® Balance Enhanced Level 2 2:00p Circuit Breaker™ 2:30p</p>	<p>7</p> <p>Silver Salsa!® 9:30a Yogalates 2:00p Stretch and Flex 3:00p</p>	<p>8</p> <p>Stretch and Flex 9:00a Set the Tone™ 1:30p Core Concepts™ 2:00p</p>
<p>11</p> <p>Fall Free® Balance Enhanced Level 2 1:30p Up In Arms™ 2:00p</p>	<p>12</p> <p>Core Concepts™ 9:30a Fall Free® Balance Enhanced Level 2 10:00a & 2:00p</p>	<p>13</p> <p>Fall Free® Balance Enhanced Level 2 2:00p Circuit Breaker™ 2:30p</p>	<p>14</p> <p>Silver Salsa!® 9:30a Yogalates 2:00p Stretch and Flex 3:00p</p>	<p>15</p> <p>Stretch and Flex 9:00a Movie Matinee 11:00a Set the Tone™ 1:30p Core Concepts™ 2:00p</p> 
<p>18</p> <p>Fall Free® Balance Enhanced Level 2 1:30p Up In Arms™ 2:00p</p>	<p>19</p> <p>Core Concepts™ 9:30a Fall Free® Balance Enhanced Level 2 10:00a & 2:00p</p>	<p>20</p> <p>Fall Free® Balance Enhanced Level 2 2:00p Circuit Breaker™ 2:30p</p>	<p>21</p> <p><u>NO CLASSES</u></p>	<p>22</p> <p><u>NO CLASSES</u></p>
<p>25</p> <p>Center Closed</p> 	<p>26</p> <p><u>NO CLASSES</u></p>	<p>27</p> <p>Senior Wellness Day!</p> 	<p>28</p> <p><u>NO CLASSES</u></p>	<p>29</p> <p><u>NO CLASSES</u></p>



Group Exercise Class Descriptions

We offer over 25 classes!

‡ **Fall Free® Balance Enhanced: Level 2:** Class structured to **enhance** participants with moderate to high ambulatory skill levels. Exercises designed to progress moderate skill level participants towards more advanced levels, and help higher skill level participants mainstream into the movement based classes.

Criteria: Minimum Berg score of 21; TUG score must be <30 sec; Functional Reach: >6 in

Circuit Breaker™: Class design utilizes a circuit format alternating from a cardio station or drill to a strength station. Each station is 30-45 seconds including upper and lower body exercises for a complete cardio and strength total body workout.

Core Concepts™: The majority of the exercises are taught seated in a chair, designed to focus on your Core muscles by strengthening your abdominals and back for improved mobility and balance.

Set the Tone™: *Full body workout designed to increase muscular strength and endurance using resistance tubing or bands, helping you "set the tone" for all areas of the body!*

Silver Salsa®: Dance/movement class that features a variety of easy to follow Latin based moves and combinations. Set to international beats that will energize your every move!

Stretch and Flex: Combines stretching and flexibility exercises that help alleviate tight muscles and stiff joints.

Up In Arms™: Specific exercises designed to strengthen, reshape and tone the arms and shoulders.

Yogalates: Combines traditional yoga and Pilates based conditioning exercises that are designed to strengthen your core and improve your overall flexibility.

❖ Denotes length of class time other than 30 minutes ‡ Requires approval from coach