

Group Exercise Schedule-April 2015

Monday	Tuesday	Wednesday	Thursday	Friday
		1 <u>50/50</u> 10:30 am <u>Silver Salsa</u> 2:00 pm	2 <u>Silver Salsa Express</u> 10:30 am <u>Silver Lining</u> 2:00 pm	3 <u>Free Fall Balance Enhanced</u> 10:30 am <u>Core Concepts</u> 11:00 am
6 <u>Balance Testing</u> 10:30 am <u>Up In Arms</u> 11:00 am	7 <u>Silver Lining</u> 11:00 am <u>No Fall Volleyball</u> 2:00 pm	8 <u>50/50</u> 10:30 am <u>Silver Salsa</u> 2:00 pm	9 <u>Silver Salsa Express</u> 10:30 am <u>Silver Lining</u> 2:00 pm	10 <u>Balance Testing</u> 10:30 am <u>Core Concepts</u> 11:00 am
13 <u>Balance Testing</u> 10:30 am <u>Up In Arms</u> 11:00 am	14 <u>Silver Lining</u> 11:00 am <u>No Fall Volleyball</u> 2:00 pm	15 <u>50/50</u> 10:30 am <u>Silver Salsa</u> 2:00 pm	16 <u>Silver Salsa Express</u> 10:30 am <u>Silver Lining</u> 2:00 pm	17 <u>Balance Testing</u> 10:30 am <u>Core Concepts</u> 11:00 am
20 <u>Fall Free Balance Enhanced</u> 10:30 am <u>Up In Arms</u> 11:00 am	21 <u>Silver Lining</u> 11:00 am <u>No Fall Volleyball</u> 2:00 pm	22 <u>50/50</u> 10:30 am <u>Silver Salsa</u> 2:00 pm	23 <u>Silver Salsa Express</u> 10:30 am <u>Silver Lining</u> 2:00 pm	24 <u>Free Fall Balance Enhanced</u> 10:30 am <u>April Potluck and Masters Party</u> 11:00 am <u>Movie Matinee</u> 2:30 pm
27 <u>Fall Free Balance Enhanced</u> 10:30 am <u>Up In Arms</u> 11:00 am	28 <u>Silver Lining</u> 11:00 am <u>No Fall Volleyball</u> 2:00 pm	29 <u>50/50</u> 10:30 am <u>Silver Salsa</u> 2:00 pm	30 <u>Silver Salsa Express</u> 10:30 am <u>Silver Lining</u> 2:00 pm	

Important Dates & Information

April 20th – New 12 week Fall Free Balance Session begins

April 24th – April Pot Luck and Master's Ceremony: 11:00 am – 1:00 pm

April 24th – Movie Matinee at 2:30pm. Showing: "The Theory of Everything" PG-13

Nifty After Fifty® Class Descriptions

Y Fall Free® Balance Enhanced: Level 2 & 3 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: Minimum of 6 in

50/50: Blended combinations of two different formats, each taught for 50% of the class. Provides an opportunity to experience 2 classes at the same time; transitions between the two selected formats will keep you motivated and challenged the entire class!

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.

No Fall VolleyBall™ – This activity is designed for those who want to take it to the next level by playing at a faster pace and take on a few more challenges.

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!

Silver Lining:™ Line dancing class designed for participants who arrive with or without a partner! Come and experience how much fun you can have moving in a line! All levels welcome!

Stretch & 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.