

Group Exercise Schedule-April 2015

Monday	Tuesday	Wednesday	Thursday	Friday
		1 No Fall VolleyBall™ 9:30am Core Concepts™ 10:00am Stretch & Flex 10:30am Balance Enhanced 2:30pm	2 Balance Blended 9:00am Core Express 9:30am Silver Salsa® 10:00am Balance Enhanced 2:30pm	3
6 No Fall VolleyBall™ 9:30am Core Concepts™ 10:00am Stretch & Flex 10:30am Balance Enhanced 2:30pm	7 Core Express 9:30am Balance Blended 9:00am Silver Salsa® 10:00am Balance Enhanced 2:30pm	8 No Fall VolleyBall™ 9:30am Core Concepts™ 10:00am Stretch & Flex 10:30am Balance Enhanced 2:30pm	9 Balance Blended 9:00am Core Express 9:30am Silver Salsa® 10:00am Balance Enhanced 2:30pm	10
13 No Fall VolleyBall™ 9:30am Core Concepts™ 10:00am Stretch & Flex 10:30am Balance Enhanced 2:30pm	14 Balance Enhanced 9:00am Core Express 9:30am Silver Salsa® 10:00am Balance Enhanced 2:30pm	15 No Fall VolleyBall™ 9:30am Core Concepts™ 10:00am Stretch & Flex 10:30am Balance Enhanced 2:30pm	16 Balance Enhanced 9:00am Core Express 9:30am Silver Salsa® 10:00am Balance Enhanced 2:30pm	17 MOVIE MATINEE 2:00PM
20 No Fall VolleyBall™ 9:30am Core Concepts™ 10:00am Stretch & Flex 10:30am Balance Enhanced 2:30pm	21 Balance Enhanced 9:00am Core Express 9:30am Silver Salsa® 10:00am Balance Enhanced 2:30pm	22 No Fall VolleyBall™ 9:30am Core Concepts™ 10:00am Stretch & Flex 10:30am Balance Enhanced 2:30pm	23 Balance Enhanced 9:00am Core Express 9:30am Silver Salsa® 10:00am Balance Enhanced 2:30pm	24
27 No Fall VolleyBall™ 9:30am Core Concepts™ 10:00am Stretch & Flex 10:30am Balance Enhanced 2:30pm	28 Balance Enhanced 9:00am Core Express 9:30am Silver Salsa® 10:00am Balance Enhanced 2:30pm	29 No Fall VolleyBall™ 9:30am Core Concepts™ 10:00am Stretch & Flex 10:30am Balance Enhanced 2:30pm	30 Balance Enhanced 9:00am Core Express 9:30am Silver Salsa® 10:00am Balance Enhanced 2:30pm	

Important Dates & Information

Movie Matinee – Friday, April 17th

Nifty after Fifty® Brea
1277 West Central Avenue
Brea, CA 92821
Phone: (562) 501-9010

Nifty After Fifty® Class Descriptions

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

★ Fall Free® Balance Essentials & Balance Enhanced include:

- ✓ Combinations of strength, proprioceptive, vestibular, vision and core exercises that progress each week for a total of 12 weeks
- ✓ Includes After A Fall training exercises
- ✓ Offered 2x/wk
- ✓ Pre class Balance testing required for appropriate class placement & participation
- ✓ Progressive Class: Structured for class participants to start, & end sessions together

† 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

† Fall Free® Balance Blended Class designed to give participants an opportunity to attend a balance class while waiting for a new Fall Free Balance session to begin. The focus of this class is to review and practice balance exercises appropriate for each participant's skill level. All skill levels are welcome. Class size limited 6-8 max. Registration and testing are required.

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.

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

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.