



APRIL GROUP EXERCISE AND EVENT CALENDAR

*CLASSES SUBJECT TO CHANGE

Monday	Tuesday	Wednesday	Thursday	Friday
		7:00am Silver Salsa® 9:00am Core Concepts™ 9:30am Stretch & Flex 10:00pm Core Concepts™ 10:30pm Stretch & Flex 11:00am No Fall Volleyball™ 12:30pm Fall Free® Balance Enhanced 1:00pm Fall Free® Balance Enhanced	9:00am Silver Salsa® 10:00am Silver Salsa® 10:30am Stretch & Flex 12:30pm Fall Free® Balance Enhanced 1:00pm Fall Free® Balance Enhanced 2:00pm Silver Salsa® 2:30pm Stretch & Flex	7:00am Circuit Breaker™ 10:00am Nifty Mix™ 10:30am No Fall Volleyball™
7:00am Circuit Breaker™ 9:00am Core Concepts™ 9:30am Stretch & Flex 10:00pm Core Concepts™ 10:30pm Stretch & Flex 12:30pm Fall Free® Balance Testing 1:00pm Fall Free® Balance Testing	9:00am Silver Salsa® 10:00am Silver Salsa® 10:30am Stretch & Flex 12:30pm Fall Free® Balance Testing 1:00pm Fall Free® Balance Testing 2:00pm Silver Salsa® 2:30pm Stretch & Flex	7:00am Silver Salsa® 9:00am Core Concepts™ 9:30am Stretch & Flex 10:00pm Core Concepts™ 10:30pm Stretch & Flex 11:00am No Fall Volleyball™ 12:30pm Fall Free® Balance Testing 1:00pm Fall Free® Balance Testing	9:00am Silver Salsa® 10:00am Silver Salsa® 10:30am Stretch & Flex 12:30pm Fall Free® Balance Testing 1:00pm Fall Free® Balance Testing 2:00pm Silver Salsa® 2:30pm Stretch & Flex	7:00am Circuit Breaker™ 10:00am Nifty Mix™ 10:30am No Fall Volleyball™
6	7	8	9	10
7:00am Circuit Breaker™ 9:00am Core Concepts™ 9:30am Stretch & Flex 10:00pm Core Concepts™ 10:30pm Stretch & Flex 12:30pm Fall Free® Balance Enhanced 1:00pm Fall Free® Balance Enhanced	9:00am Silver Salsa® 10:00am Silver Salsa® 10:30am Stretch & Flex 12:30pm Fall Free® Balance Enhanced 1:00pm Fall Free® Balance Enhanced 2:00pm Silver Salsa® 2:30pm Stretch & Flex	7:00am Silver Salsa® 9:00am Core Concepts™ 9:30am Stretch & Flex 10:00pm Core Concepts™ 10:30pm Stretch & Flex 11:00am No Fall Volleyball™ 12:30pm Fall Free® Balance Enhanced 1:00pm Fall Free® Balance Enhanced	9:00am Silver Salsa® 10:00am Silver Salsa® 10:30am Stretch & Flex 12:30pm Fall Free® Balance Enhanced 1:00pm Fall Free® Balance Enhanced 2:00pm Silver Salsa® 2:30pm Stretch & Flex	7:00am Circuit Breaker™ 10:00am Nifty Mix™ 10:30am No Fall Volleyball™ Movie Matinee 12:00pm
13	14	15	16	17
7:00am Circuit Breaker™ 9:00am Core Concepts™ 9:30am Stretch & Flex 10:00pm Core Concepts™ 10:30pm Stretch & Flex 12:30pm Fall Free® Balance Enhanced 1:00pm Fall Free® Balance Enhanced	9:00am Silver Salsa® 10:00am Silver Salsa® 10:30am Stretch & Flex 12:30pm Fall Free® Balance Enhanced 1:00pm Fall Free® Balance Enhanced 2:00pm Silver Salsa® 2:30pm Stretch & Flex	7:00am Silver Salsa® 9:00am Core Concepts™ 9:30am Stretch & Flex 10:00pm Core Concepts™ 10:30pm Stretch & Flex 11:00am No Fall Volleyball™ 12:30pm Fall Free® Balance Enhanced 1:00pm Fall Free® Balance Enhanced	9:00am Silver Salsa® 10:00am Silver Salsa® 10:30am Stretch & Flex 12:30pm Fall Free® Balance Enhanced 1:00pm Fall Free® Balance Enhanced 2:00pm Silver Salsa® 2:30pm Stretch & Flex	7:00am Circuit Breaker™ 10:00am Nifty Mix™ 10:30am No Fall Volleyball™
20	21	22	23	24
7:00am Circuit Breaker™ 9:00am Core Concepts™ 9:30am Stretch & Flex 10:00pm Core Concepts™ 10:30pm Stretch & Flex 12:30pm Fall Free® Balance Enhanced 1:00pm Fall Free® Balance Enhanced	9:00am Silver Salsa® 10:00am Silver Salsa® 10:30am Stretch & Flex 12:30pm Fall Free® Balance Enhanced 1:00pm Fall Free® Balance Enhanced 2:00pm Silver Salsa® 2:30pm Stretch & Flex	7:00am Silver Salsa® 9:00am Core Concepts™ 9:30am Stretch & Flex 10:00pm Core Concepts™ 10:30pm Stretch & Flex 11:00am No Fall Volleyball™ 12:30pm Fall Free® Balance Enhanced 1:00pm Fall Free® Balance Enhanced	9:00am Silver Salsa® 10:00am Silver Salsa® 10:30am Stretch & Flex 12:30pm Fall Free® Balance Enhanced 1:00pm Fall Free® Balance Enhanced 2:00pm Silver Salsa® 2:30pm Stretch & Flex	
27	28	29	30	

Important dates and Information

Monday April 6th - Friday April 10th will be balance testing
Friday April 17th - Movie Matinee

Nifty After Fifty® Downey
10000 Lakewood Blvd
Downey, CA 90240
(562)862-7950

Nifty After Fifty® Class Descriptions

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

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.

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.

Nifty Mix™: Sampler class that includes various Nifty formats of strength & cardiovascular interval training, core stability, mind & body focus and stretch & relaxation techniques for a complete total body workout. A Yoga mat will be needed.

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!

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

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