

Group Exercise Schedule-April 2015

Monday	Tuesday	Wednesday	Thursday	Friday
		1 <u>Up In Arms</u> 10:00 am <u>Silver Salsa</u> 10:30 am ❖ <u>Yoga</u> 1:30 pm	2 <u>Silver Lining</u> 10:00 am 50/50 2:00 pm <u>Fall Free Balance Enhanced</u> 3:00 pm	3 <u>Up In Arms</u> 10:00 am <u>Core Express</u> 10:30 am
6 <u>Nifty Moves</u> 10:00 am <u>Yoga Lite</u> 2:00 pm <u>Balance Testing</u> 3:00 pm	7 <u>Cardio Lite</u> 10:00 am <u>Nifty Mix</u> 2:00 pm	8 <u>Up In Arms</u> 10:00 am <u>Silver Salsa</u> 10:30 am ❖ <u>Yoga</u> 1:30 pm	9 <u>Silver Lining</u> 10:00 am 50/50 2:00 pm <u>Balance Testing</u> 3:00 pm	10 <u>Up In Arms</u> 10:00 am <u>Core Express</u> 10:30 am
13 <u>Nifty Moves</u> 10:00 am <u>Yoga Lite</u> 2:00 pm <u>Balance Testing</u> 3:00 pm	14 <u>Cardio Lite</u> 10:00 am <u>Nifty Mix</u> 2:00 pm	15 <u>Up In Arms</u> 10:00 am <u>Silver Salsa</u> 10:30 am ❖ <u>Yoga</u> 1:30 pm	16 <u>Silver Lining</u> 10:00 am 50/50 2:00 pm <u>Balance Testing</u> 3:00 pm	17 <u>Up In Arms</u> 10:00 am <u>Core Express</u> 10:30 am
20 <u>Nifty Moves</u> 10:00 am <u>Yoga Lite</u> 2:00 pm <u>Fall Free Balance Enhanced</u> 3:00 pm	21 <u>Cardio Lite</u> 10:00 am <u>Nifty Mix</u> 2:00 pm	22 <u>Up In Arms</u> 10:00 am <u>Silver Salsa</u> 10:30 am ❖ <u>Yoga</u> 1:30 pm	23 <u>Silver Lining</u> 10:00 am 50/50 2:00 pm <u>Fall Free Balance Enhanced</u> 3:00 pm	24 <u>April Pot Luck</u> 11:00 am <u>Movie Matinee</u> 2:30 pm
27 <u>Nifty Moves</u> 10:00 am <u>Yoga Lite</u> 2:00 pm <u>Fall Free Balance Enhanced</u> 3:00 pm	28 <u>Cardio Lite</u> 10:00 am <u>Nifty Mix</u> 2:00 pm	29 <u>Up In Arms</u> 10:00 am <u>Silver Salsa</u> 10:30 am ❖ <u>Yoga</u> 1:30 pm	30 <u>Silver Lining</u> 10:00 am 50/50 2:00 pm <u>Fall Free Balance Enhanced</u> 3:00 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: 2:30 pm

Nifty After Fifty® Class Descriptions

‡ **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!

Cardio Lite: or Chair Aerobics (Chair assisted) – The majority of this class is taught in a chair. The exercises are designed to strengthen your cardiovascular and muscular system.

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.

❖ **Express class:** a 15 minute class to promote or give quick samples of specific classes for you to try. Perfect for those days you're running late or leaving early. All fitness levels welcome

❖ **Nifty Mix:™** 45 minute 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.

Nifty Moves™: Like to dance and move? This is a 30 minute dance/movement based class will get you moving to the music right away! You will be having FUN while you're burning calories and toning your 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!

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!

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

Yoga Lite: Sequence of traditional yoga postures and breathing techniques that help to improve flexibility, balance & strength as you learn relaxation techniques proven to reduce stress and improve health

❖ **Yoga:** 60 minute sequence of traditional yoga postures and breathing techniques that help to improve flexibility, balance & strength as you learn relaxation techniques proven to reduce stress and improve health

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