

Group Exercise Schedule-April 2015

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Circuit Breaker 10:00am	2	3 Silver Salsa 10:00am
6 Set the Tone 10:00am	7 CareMore Birthday party 2:00pm 	8  Coffee and Donuts 8:30am-9:30am Circuit Breaker 10:00am	9	10 Silver Salsa 10:00am
13 Set the Tone 10:00am	14	15 Circuit Breaker 10:00am	16	17 Silver Salsa 10:00am
20 Set the Tone 10:00am	21	22 Circuit Breaker 10:00am	23	24 Silver Salsa 10:00am
27 Set the Tone 10:00am	28	29 Circuit Breaker 10:00am	30	

Important Dates & Information

CareMore April Birthday Party Tuesday April 7th at 2:00pm at the CareMore sales room.

Coffee and Donuts Wed April 8th from 8:30am-9:30am in the Nifty gym room.

Nifty After Fifty® Class Descriptions

Set the Tone: full body workout designed to increase muscular strength and endurance using resistance tubing to help you "**set the tone**" for all areas of the body!!

: **NEW!!! 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!

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.

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