

Group Exercise Schedule-April 2015

Monday	Tuesday	Wednesday	Thursday	Friday
		1 <u>Up In Arms</u> 8:30 AM <u>Silver Salsa</u> 10:30 AM <u>Fall Free Balance Essentials</u> 2:00 PM	2 <u>50/50</u> 9:30 AM <u>Fall Free Balance Enhanced</u> 2:00 PM	3 <u>Stretch & Flex</u> 9:30 AM <u>Nifty Mix</u> 10:30 AM
6 <u>Stretch & Flex</u> 8:30 AM <u>Core Express</u> 9:00 AM	7 <u>Yoga Lite</u> 9:30 AM <u>Circuit Breaker</u> 10:30 AM <u>Balance Testing</u> 2:00 PM	8 <u>Up In Arms</u> 8:30 AM <u>Silver Salsa</u> 10:30 AM	9 <u>50/50</u> 9:30 AM <u>Balance Testing</u> 2:00 PM	10 <u>Stretch & Flex</u> 9:30 AM <u>Nifty Mix</u> 10:30 AM
13 <u>Stretch & Flex</u> 8:30 AM <u>Core Express</u> 9:00 AM	14 <u>Yoga Lite</u> 9:30 AM <u>Circuit Breaker</u> 10:30 AM <u>Balance Testing</u> 2:00 PM	15 <u>Up In Arms</u> 8:30 AM <u>Silver Salsa</u> 10:30 AM	16 <u>50/50</u> 9:30 AM <u>Balance Testing</u> 2:00 PM	17 <u>Stretch & Flex</u> 9:30 AM <u>Nifty Mix</u> 10:30 AM
20 <u>Stretch & Flex</u> 8:30 AM <u>Core Express</u> 9:00 AM	21 <u>Yoga Lite</u> 9:30 AM <u>Circuit Breaker</u> 10:30 AM <u>Fall Free Balance Enhanced</u> 2:00 PM	22 <u>Up In Arms</u> 8:30 AM <u>Silver Salsa</u> 10:30 AM	23 <u>50/50</u> 9:30 AM <u>Fall Free Balance Enhanced</u> 2:00 PM	24 <u>Stretch & Flex</u> 9:30 AM <u>Nifty Mix</u> 10:30 AM
27 <u>Stretch & Flex</u> 8:30 AM <u>Core Express</u> 9:00 AM	28 <u>Yoga Lite</u> 9:30 AM <u>Circuit Breaker</u> 10:30 AM <u>Fall Free Balance Enhanced</u> 2:00 PM	29 <u>Up In Arms</u> 8:30 AM <u>Silver Salsa</u> 10:30 AM	30 <u>50/50</u> 9:30 AM <u>Fall Free Balance Enhanced</u> 2:00 PM	

Important Dates & Information

Tuesday April 21st: New Fall Free Balance Session Begins
Friday April 24th: Pot Luck and Master's Ceremony at 11:00 am
Thursday April 30th Movie Matinee at 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!

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.

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.

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.

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

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