

# Group Exercise Schedule-April 2015

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Yoga Lite 8:00am Silver Lining™ 12:00pm Silver Salsa® 1:00pm	2 Nifty Sculpt 9:00am Silver Lining™ 12:00pm	3 Silver Lining™ 12:00pm Yoga Lite 1:00pm
6 Core Concepts™ 8:30am Core Concepts™ 11:00am Silver Lining™ 12:00pm	7 Set The Tone™ 11:00am Silver Lining™ 12:00pm	8 Yoga Lite 8:00am Silver Lining™ 12:00pm Silver Salsa® 1:00pm	9 Nifty Sculpt 9:00am Silver Lining™ 12:00pm	10 Silver Lining™ 12:00pm Yoga Lite 1:00pm
13 Core Concepts™ 8:30am Core Concepts™ 11:00am Silver Lining™ 12:00pm	14 Set The Tone™ 11:00am Silver Lining™ 12:00pm	15 Yoga Lite 8:00am Silver Lining™ 12:00pm Silver Salsa® 1:00pm	16 Nifty Sculpt 9:00am Silver Lining™ 12:00pm	17 Silver Lining™ 12:00pm Yoga Lite 1:00pm
20 Core Concepts™ 8:30am Core Concepts™ 11:00am Silver Lining™ 12:00pm	21 Set The Tone™ 11:00am Silver Lining™ 12:00pm	22 Yoga Lite 8:00am Silver Lining™ 12:00pm Silver Salsa® 1:00pm	23 Nifty Sculpt 9:00am Silver Lining™ 12:00pm	24 Silver Lining™ 12:00pm Yoga Lite 1:00pm <i>Nifty Movie Matinee</i> <i>2:00pm</i>
27 Core Concepts™ 8:30am Core Concepts™ 11:00am Silver Lining™ 12:00pm <b>Balance Testing 1:30pm</b>	28 Set The Tone™ 11:00am Silver Lining™ 12:00pm <b>Balance Testing 2:00pm</b>	29 Yoga Lite 8:00am Silver Lining™ 12:00pm Silver Salsa® 1:00pm <b>Balance Testing 1:30pm</b>	30 Nifty Sculpt 9:00am Silver Lining™ 12:00pm <b>Balance Testing 2:00pm</b>	***** Don't miss Nifty After Fifty's Screening of "The Theory of Everything" on Friday the 24 <sup>th</sup> ! *****

## Nifty After Fifty-Cheyenne Center

\*\*Spring Balance Classes Evaluations Monday April 27th to Friday May 1st

\*\*Spring Balance Class start Monday May 4th

7440 W. Cheyenne Ave Suite 104  
Las Vegas, NV 89129  
(702) 473-7218ph  
(702) 473-7159fax

# Nifty After Fifty® Class Descriptions

**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 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!

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

**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