

# Group Exercise Schedule-April 2015

Monday	Tuesday	Wednesday	Thursday	Friday
		1 <b>Yogalates</b> 9:00 am <b>Fall Free® Enhanced</b> 1:00 pm <b>Fall Free® Blended</b> 1:30 pm	2 <b>Cane Fu</b> 9:00am <b>Fall Free® Enhanced</b> 9:30 am <b>Circuit Breaker™</b> 2:00 pm	3 <b>Silver Salsa®</b> 9:00am <b>Nifty Moves™</b> 12:00pm
6 <b>Core Concepts</b> 8:30am and 9:00am <b>Fall Free® Enhanced</b> 1:00 pm <b>Fall Free® Blended</b> 1:30 pm	7 <b>Silver Lining</b> 9:00am <b>Fall Free® Enhanced</b> 9:30 am <b>No Fall Volleyball</b> 2:00 pm	8 <b>Yogalates</b> 9:00 am <b>Fall Free® Enhanced</b> 1:00 pm <b>Fall Free® Blended</b> 1:30 pm	9 <b>Cane Fu</b> 9:00am <b>Fall Free® Enhanced</b> 9:30 am <b>Circuit Breaker™</b> 2:00 pm	10 <b>Silver Salsa®</b> 9:00am <b>Nifty Moves™</b> 12:00pm
13 <b>Core Concepts</b> 8:30am and 9:00am <b>Fall Free® Enhanced</b> 1:00 pm <b>Fall Free® Blended</b> 1:30 pm	14 <b>Silver Lining</b> 9:00am <b>Fall Free® Enhanced</b> 9:30 am <b>No Fall Volleyball</b> 2:00 pm	15 <b>Yogalates</b> 9:00 am <b>Fall Free® Enhanced</b> 1:00 pm <b>Fall Free® Blended</b> 1:30 pm	16 <b>Cane Fu</b> 9:00am <b>Fall Free® Enhanced</b> 9:30 am <b>Circuit Breaker™</b> 2:00 pm	17 <b>Silver Salsa®</b> 9:00am <b>Nifty Moves™</b> 12:00pm
20 <b>Core Concepts</b> 8:30am and 9:00am <b>Fall Free® Enhanced</b> 1:00 pm <b>Fall Free® Blended</b> 1:30 pm	21 <b>Silver Lining</b> 9:00am <b>Fall Free® Enhanced</b> 9:30 am <b>No Fall Volleyball</b> 2:00 pm	22 <b>Yogalates</b> 9:00 am <b>Fall Free® Enhanced</b> 1:00 pm <b>Fall Free® Blended</b> 1:30 pm	23 <b>Cane Fu</b> 9:00am <b>Fall Free® Enhanced</b> 9:30 am <b>Circuit Breaker™</b> 2:00 pm	24 <b>Silver Salsa®</b> 9:00am <b>Nifty Moves™</b> 12:00pm
27 <b>Core Concepts</b> 8:30am and 9:00am <b>Fall Free® Enhanced</b> 1:00 pm <b>Fall Free® Blended</b> 1:30 pm	28 <b>Silver Lining</b> 9:00am <b>Fall Free® Enhanced</b> 9:30 am <b>No Fall Volleyball</b> 2:00 pm	29 <b>Yogalates</b> 9:00 am <b>Fall Free® Enhanced</b> 1:00 pm <b>Fall Free® Blended</b> 1:30 pm	30 <b>Cane Fu</b> 9:00am <b>Fall Free® Enhanced</b> 9:30 am <b>Circuit Breaker™</b> 2:00 pm	1 <b>Silver Salsa®</b> 9:00am <b>Nifty Moves™</b> 12:00pm

## Important Information

The GYM is CLOSED during the Yogalates Class Wednesday's from 9:00am-9:30am and Circuit Class Thursday's 2:00pm-3:00pm

Spring Potluck: Friday April 17, 2015 from 10:00am-1:00pm

Movie Matinee: Friday April 24, 2015 at 9:30am and 1:00pm

# Nifty After Fifty® Class Descriptions

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

## † Fall Free® Balance 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 2 times a week
- Pre class Balance testing required for appropriate class placement & participation
- Progressive Class: Structured for class participants to start, & end sessions together

† Fall Free® Balance Essentials: Level 1 Introduces **essential** building blocks designed to improve balance, agility and coordination for anyone just starting out. Exercises are performed \*on the floor (if capable), seated in a chair and standing with chair assist.

**Criteria: Berg score of 0- 20; TUG score > 30 sec; Functional Reach <6 in**

† 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**

Cane Fu: Combines cardio and self-defense moves using a cane. You will get your heart rate up as you learn self-defense moves that will make you feel more empowered! This workout teaches how to defend your health and fight for fitness!!

❖ 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.

No Fall Volleyball: Come and show off your volley star qualities playing our new game. Enjoy a friendly game of volleyball with a beach ball while sitting in chairs. Great class to work on your weight shifting, an important component of balance!!!

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!

† Power Up™: Coach monitored small group training that gives you the opportunity to review and practice the NeuroDynamic Fitness techniques to ensure you receive the maximum benefits with each workout.

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!

**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!

Yogalates: Combines traditional yoga and Pilates based conditioning exercises that are designed to strengthen your core and improve your overall flexibility.