

Group Exercise Schedule-April 2015

Monday	Tuesday	Wednesday	Thursday	Friday
		1 9:00 am- Balance Enhanced 9:30am - Core 2:00pm- Silver Salsa	2	3 9:00 am- Balance Enhanced 9:30am - Core 2:00pm- Silver Salsa
6 9:00 am- Balance Enhanced 9:30am - Core 2:00pm- Silver Salsa	7	8 9:00 am- Balance Enhanced 9:30am - Core 2:00pm- Silver Salsa	9	10 9:00 am- Balance Enhanced 9:30am - Core 2:00pm- Silver Salsa
13 9:00 am- Balance Enhanced 9:30am - Core 2:00pm- Silver Salsa	14	15 9:00 am- Balance Enhanced 9:30am - Core 2:00pm- Silver Salsa	16	17 9:00 am- Balance Enhanced 9:30am - Core 2:00pm- Silver Salsa
20 9:00 am- Balance Enhanced 9:30am - Core 2:00pm- Silver Salsa	21	22 9:00 am- Balance Enhanced 9:30am - Core 2:00pm- Silver Salsa	23	24 9:00 am- Balance Enhanced 9:30am - Core 1:00pm - Movie Day
27 9:00 am- Balance Enhanced 9:30am - Core 2:00pm- Silver Salsa	28	29 9:00 am- Balance Enhanced 9:30am - Core 2:00pm- Silver Salsa	30	

Important Dates & Information

Nifty After Fifty® Class Descriptions

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

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.

Fall Free® 2 Balance Enhanced: Class designed to introduce participants with moderate ambulatory skill levels, to exercises that will help enhance current balance skills & decrease risk of falls. Criteria: Berg score between 21-40; TUG score 11-30 sec; Functional Reach: 6-10in