

Group Exercise Schedule-April 2015

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Set The Tone 9:00am Fall Free @Balance Enhanced 9:45am Fall Free @Balance Essentials 1:00pm	2	3 No Fall Volleyball 9:00am Fall Free Balance Essentials 1:00pm
6 Silver Salsa 9:00am	7 Tai Chi 9:30am	8 Set The Tone 9:00am	9	10 No Fall Volleyball 9:00am
13 Silver Salsa 9:00am	14 Tai Chi 9:30am	15 Set The Tone 9:00am	16	17 No Fall Volleyball 9:00am
20 Silver Salsa 9:00am	21 Tai Chi 9:30am	22 Set The Tone 9:00am	23	24 No Fall Volleyball 9:00am Movie Matinee 9:30am 
27 Silver Salsa 9:00am	28 Tai Chi 9:30am	29 Set The Tone 9:00am	30	

Important Dates & Information

Movie Matinee at 9:30 am featuring the movie "The Theory of Everything"

Nifty After Fifty® Class Descriptions

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

† **Fall Free® 1 Balance Essentials:** 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.

† **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.

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!!

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

Tai Chi: Series of gentle and relaxing exercises designed to reduce stress, improve balance and concentration while promoting a feeling of well-being. This class is excellent for people trying Tai Chi for the first time.