

# Group Exercise Schedule-April 2015

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Silver Salsa Class 10:00am Fall Free Class 2:00pm	2 Core Concepts Class 10:00am	3 Up in Arms Class 10:00am
6 Fall Free Class 10:00am Core Concepts Class 2:00pm	7 Yoga Class 10:00am	8 Silver Salsa Class 10:00am Fall Free Class 2:00pm	9 Core Concepts Class 10:00am	10 Up in Arms Class 10:00am
13 Fall Free Class 10:00am Core Concepts Class 2:00pm	14 Yoga Class 10:00am	15 Silver Salsa Class 10:00am Fall Free Class 2:00pm	16 Core Concepts Class 10:00am	17 Up in Arms Class 10:00am
20 Fall Free Class 10:00am Core Concepts Class 2:00pm	21 Yoga Class 10:00am	22 Silver Salsa Class 10:00am Fall Free Class 2:00pm	23 Core Concepts Class 10:00am	24 Up in Arms Class 10:00am
27 Fall Free Class 10:00am Core Concepts Class 2:00pm	28 Yoga Class 10:00am	29 Silver Salsa Class 10:00am Fall Free Class 2:00pm	30 Core Concepts Class 10:00am	

## Important Dates & Information

The Spring Social will be on Friday, April 17<sup>th</sup> at 1:00 PM

# Nifty After Fifty® Class Descriptions

## **Fall Free® Balance** All class levels include:

- “ Combinations of strength, proprioceptive, vestibular, vision and core exercises that progress each week for a total of 12 weeks
- “ Include After A Fall training exercises
- “ Offered 2x/wk
- “ Pre class Balance testing required for appropriate class placement & participation
- “ Structured for class participants to start and end sessions together

❓❓**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

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**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 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!

**Up In Arms:** Specific exercises designed to strengthen, reshape and tone the arms and shoulders.

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