

Group Exercise Schedule-April 2015

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Tai-Chi 9:30	2 Balance Essentials 9:00 Balance Enhanced 9:35 Silver Lining 1:30	3 Chair Zumba 9:15 Core Concepts 10:00
6 Nifty Moves 10:00 Zumba Gold 1:30	7 Balance Essentials 9:00 Balance Enhanced 9:35 VolleyBaloon 2:00	8 Spring Social Potluck 11:00 <u>No work outs 11-1</u>	9 Balance Essentials 9:00 Balance Enhanced 9:35 Silver Lining 1:30	10 Chair Zumba 9:15 Core Concepts 10:00
13 Nifty Moves 10:00 Zumba Gold 1:30	14 Balance Essentials 9:00 Balance Enhanced 9:35 VolleyBaloon 2:00	15 Tai-Chi 9:30	16 Balance Essentials 9:00 Balance Enhanced 9:35 Silver Lining 1:30	17 Chair Zumba 9:15 Core Concepts 10:00
20 Nifty Moves 10:00 Zumba Gold 1:30	21 Balance Essentials 9:00 Balance Enhanced 9:45 VolleyBaloon 2:00	22 Movie Matinee 1:00	23 Balance Essentials 9:00 Balance Enhanced 9:35 Silver Lining 1:30	24 Chair Zumba 9:15 Core Concepts 10:00
27 Nifty Moves 10:00 Zumba Gold 1:30	28 Balance Essentials 9:00 Balance Enhanced 9:35 VolleyBaloon 2:00	29 Bowling on Wii U 1:00	30 Balance Essentials 9:00 Balance Enhanced 9:35 Silver Lining 1:30	

THERE IS NO USING PILLARS DURING GROUP CLASSES *ALL CLASSES AND TIMES SUBJECT TO CHANGE

Important Dates & Information

CLASS DESCRIPTIONS

Nifty Moves™ This is a 30 minute class will get you moving to the music right away! You will be having FUN while you're burning calories and toning your body with low impact cardio and marching.

Zumba Gold® is a 45 min. dance-based senior fitness class, that uses a fusion of International and American rhythms

***Chair Zumba®** is a 30 min. class with Zumba® Moves while seated in a chair.

***Core Concepts™** The exercises are taught seated in a chair. This is a 30 minute class, designed to focus on your Core muscles by strengthening your abdominals and back for improved mobility and balance.

Silver Lining™ 45 min. line dance type of class. From country line dancing to the electric slide, to the cupid shuffle!

***No Fall Volleyball™/VolleyBalloon™** a 45 min. class done seated in a chair, a fun and safe sport/activity. Great for stretching and balance.

Tai Chi® Series of gentle and relaxing exercises designed to reduce stress, improve balance and concentration while promoting a feeling of well-being. This is a 60 min. class

50/50

***Balance Blended™** 30 min. class designed to give participants an opportunity to attend a balance class while waiting for a new Progressive Balance Class session to begin. The focus of this class is to review and practice balance exercises. Mostly done seated in a chair.

Cane Fu

***Bowling Wii™** interactive bowling with the console game Wii. A fun way to work on balance. Can be played in a chair.

***CLASSES TAUGHT IN A CHAIR **ALL CLASSES AND TIMES ARE SUBJECT TO CHANGE**