

# Group Exercise Schedule-April 2015

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Fall Free ® Balance Enhanced 9:00am  Set the Tone 9:30am	2	3 Circuit Breaker 9:00am
6 Fall Free ® Balance Enhanced 9:00am  50/50 10:00am	7	8 Fall Free ® Balance Enhanced 9:00am  Silver Salsa 9:30am	9	10 Circuit Breaker 9:00am
13 Fall Free ® Balance Enhanced 9:00am  50/50 10:00am	14	15 Silver Salsa 9:00am	16	17 Circuit Breaker 9:00 am  Spring Breakfast & Egg Decor 8:00-9:00am 
20 50/50 10:00am	21	22 Silver Salsa 9:00am	23	24 Circuit Breaker 9:00am
27 50/50 10:00am	28	29 Silver Salsa 9:00am	30	

## Important Dates & Information



**Spring Breakfast and Egg Décor  
Friday, April 17 from 8:00-9:00am**


# Nifty After Fifty® Class Descriptions

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

† **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.

**50/50:** Blended combinations of two different formats, each taught for 50% of the class. Provides an opportunity to experience 2 classes at the same time; transitions between the two selected formats will keep you motivated and challenged the entire class!

**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!

**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.