

# Group Exercise Schedule-April 2015

## Important Dates & Information

**April 10<sup>th</sup>: Movie Matinee 1:00 pm. Popcorn & Drinks will be provided**

**April 24<sup>th</sup>: Disco Potluck 1:00 pm. Games, Food, and Fun! Please bring a cover dish**

		1 Nifty Moves 9:30 am Volleyballoon 2:00 pm	2 Set the Tone 9:00 am Stretch & Flex 2:00 pm Balanced Enhanced 2:30 pm	3 Nifty Mix 9:30 am Silver Salsa 2:00 pm
6 Cardio Lite 9:30 am Up in Arms 2:00 pm	7 Core Concepts 9:00 am Cane Fu 2:00 pm Balanced Enhanced 2:30 pm	8 Nifty Moves 9:30 am Volleyballoon 2:00 pm	9 Set the Tone 9:00 am Stretch & Flex 2:00 pm Balanced Enhanced 2:30 pm	10 Nifty Mix 9:30 am <b><u>Movie Matinee 1:00 pm</u></b> 
13 Cardio Lite 9:30 am Up in Arms 2:00 pm	14 Core Concepts 9:00 am Cane Fu 2:00 pm Balanced Enhanced 2:30 pm	15 Nifty Moves 9:30 am Volleyballoon 2:00 pm	16 Set the Tone 9:00 am Stretch & Flex 2:00 pm Balanced Enhanced 2:30 pm	17 Nifty Mix 9:30 am Silver Salsa 2:00 pm
20 Cardio Lite 9:30 am Up in Arms 2:00 pm	21 Core Concepts 9:00 am Cane Fu 2:00 pm Balanced Enhanced 2:30 pm	22 Nifty Moves 9:30 am Volleyballoon 2:00 pm	23 Set the Tone 9:00 am Stretch & Flex 2:00 pm Balanced Enhanced 2:30 pm	24 Nifty Mix 9:30 am  <b><u>Disco Potluck 1:00 pm</u></b>
27 Cardio Lite 9:30 am Up in Arms 2:00 pm	28 Core Concepts 9:00 am Cane Fu 2:00 pm Balanced Enhanced 2:30 pm	29 Nifty Moves 9:30 am Volleyballoon 2:00 pm	30 Set the Tone 9:00 am Stretch & Flex 2:00 pm Balanced Enhanced 2:30 pm	

# 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.

**Criteria: Minimum Berg score of 21; TUG score must be <30 sec; Functional Reach: Minimum of 6 in**

**Cane Fu:** Combines cardio and self-defense moves using a cane. You will get your heart rate up as you learn self- defense moves that will make you feel more empowered! This workout teaches how to defend your health and fight for fitness!!

**Cardio Lite: or Chair Aerobics** (Chair assisted) – The majority of this class is taught in a chair. The exercises are designed to strengthen your cardiovascular and muscular system.

**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.

❖ **Nifty Mix™** 45 minute sampler class that includes various Nifty formats of strength & cardiovascular interval training, core stability, mind & body focus and stretch & relaxation techniques for a complete total body workout. A Yoga mat will be needed.

**Nifty Moves™:** Like to dance and move? This is a 30 minute dance/movement based class will get you moving to the music right away! You will be having FUN while you're burning calories and toning your body!

**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!

**Stretch & Flex:** Combines stretching and flexibility exercises that help alleviate tight muscles and stiff joints.

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

**VolleyBalloon™** A fun and safe sport/activity for people of all ages and abilities. This game is played with two teams (3-4 people on a team), seated in chairs, using a standard size balloon and a 3 1/2' foot net. 