

Group Exercise Schedule-April 2015

Monday	Tuesday	Wednesday	Thursday	Friday
Nifty Moves 10am Express Class 10:30am	Nifty Moves 10am Express Class 10:30	1 Core Express 10am Set the Tone/ Stretch Flex 10:30am	2 Core Express 10am Set the Tone/ Stretch Flex 10:30am	3 Silver Salsa 10am Express Class 10:30am
6 Nifty Moves 10am Express Class 10:30am	7 Nifty Moves 10am Express Class 10:30am	8 Core Express 10am Set the Tone/ Stretch Flex 10:30am	9 Core Express 10am Set the Tone/ Stretch Flex 10:30am	10 Silver Salsa 10am Express Class 10:30am
13 Nifty Moves 10am Express Class 10:30am	14 Nifty Moves 10am Express Class 10:30am	15 Core Express 10am Set the Tone/ Stretch Flex 10:30am	16 Core Express 10am Set the Tone/ Stretch Flex 10:30am	17 Silver Salsa 10am Express Class 10:30am
20 Nifty Moves 10am Express Class 10:30am	21 Nifty Moves 10am Express Class 10:30am	22 Core Express 10am Set the Tone/ Stretch Flex 10:30am	23 Core Express 10am Set the Tone/ Stretch Flex 10:30am	24 Silver Salsa 10am Express Class 10:30am
27 Nifty Moves 10am Express Class 10:30am	28 Nifty Moves 10am Express Class 10:30am	29 Core Express 10am Set the Tone/ Stretch Flex 10:30am	30 Core Express 10am Set the Tone/ Stretch Flex 10:30am	

Important Dates & Information

Friday April 24th at 1pm movie matinee. Playing "The Theory of Everything" popcorn and drinks will be served.

Nifty After Fifty® Class Descriptions

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

Nifty Moves- Like to dance and move? This is a 30 minute dance/movement based class that will get you moving to the music the right way.

Core Express- 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.

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 your body.

Stretch and Flex- Combines stretching and flexibility exercises that help alleviate tight muscles and stiff joints.

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.