

# Group Exercise Schedule-April 2015

Monday	Tuesday	Wednesday	Thursday	Friday
		1 50/50 8:30am  Zumba Gold 9:00am	2 Fall Free Balance Enhanced 3 8:30am Core Concepts 9:00am	3 50/50 9:00am  Zumba Gold 9:30am
6 50/50 9:00am  Zumba Gold 9:30am	7 Fall Free Balance Enhanced 3 8:30am Core Concepts 9:00am	8 50/50 8:30am  Zumba Gold 9:00am	9 Fall Free Balance Enhanced 3 8:30am Core Concepts 9:00am	10 50/50 9:00am  Zumba Gold 9:30am
13 50/50 9:00am  Zumba Gold 9:30am	14 Fall Free Balance Enhanced 3 8:30am Core Concepts 9:00am	15 50/50 8:30am  Zumba Gold 9:00am	16 Fall Free Balance Enhanced 3 8:30am Core Concepts 9:00am	17 50/50 9:00am  Zumba Gold 9:30am
20 50/50 9:00am  Zumba Gold 9:30am	21 Fall Free Balance Enhanced 3 8:30am Core Concepts 9:00am	22 50/50 8:30am  Zumba Gold 9:00am	23 Fall Free Balance Enhanced 3 8:30am Core Concepts 9:00am	24 50/50 9:00am  Zumba Gold 9:30am
27 50/50 9:00am  Zumba Gold 9:30am	28 Fall Free Balance Enhanced 3 8:30am Core Concepts 9:00am	29 50/50 8:30am  Zumba Gold 9:00am	30 Fall Free Balance Enhanced 3 8:30am Core Concepts 9:00am	

## Important Dates & Information

- Gym will CLOSE for LUNCH from 12pm – 1 pm on: Wednesday, April 8<sup>th</sup> & Friday, April 10<sup>th</sup>
- Wednesday, April 15<sup>th</sup> : Movie Day @ 1:30pm
- Friday, April 24<sup>th</sup>: Spring Potluck @ 11am

# Nifty After Fifty® Class Descriptions

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

## **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® 3 -Balance Enhanced** participants with elevated ambulatory skill levels are taught balance exercises that help prepare them for bridging into movement classes when balance session is completed.

Criteria: Berg score between 41-56; TUG score < 30 sec Functional Reach: >6

**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!

**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.

**Zumba Gold®:** Modifies Zumba moves to suit the needs for those just starting out on their fitness journey and healthy lifestyles. It's a dance-fitness class that feels friendly, and most of all, fun!

