

# Group Exercise Schedule-April 2015

Monday	Tuesday	Wednesday	Thursday	Friday
		<b>1</b> <b>Circuit Breaker™</b> 9:00 am <b>Volley Balloon</b> 11:00 am	<b>2</b> <b>Core Concepts</b> 7:00am and 11:00am <b>Stretch &amp; Flex</b> 8:30am <b>No Balance Classes Today</b>	<b>3</b> <b>Circuit Breaker™</b> 9:00 am <b>No Yogalates Today</b>
<b>6</b> <b>Core Concepts</b> 7:00am and 11:00am <b>Yogalates</b> 2:00 pm	<b>7</b> <b>Stretch &amp; Flex</b> 8:30am <b>Fall Free® Essentials</b> 2:00 pm <b>Fall Free® Enhanced</b> 2:30 pm <b>Nifty Moves™</b> 3:00 pm	<b>8</b> <b>Circuit Breaker™</b> 9:00 am <b>Volley Balloon</b> 11:00 am	<b>9</b> <b>Core Concepts</b> 7:00am and 11:00am <b>Stretch &amp; Flex</b> 8:30am <b>Fall Free® Essentials</b> 2:00 pm <b>Fall Free® Enhanced</b> 2:30 pm	<b>10</b> <b>Circuit Breaker™</b> 9:00 am <b>Yogalates</b> 2:00 pm
<b>13</b> <b>Core Concepts</b> 7:00am and 11:00am <b>Yogalates</b> 2:00 pm	<b>14</b> <b>Stretch &amp; Flex</b> 8:30am <b>Fall Free® Essentials</b> 2:00 pm <b>Fall Free® Enhanced</b> 2:30 pm <b>Nifty Moves™</b> 3:00 pm	<b>15</b> <b>Circuit Breaker™</b> 9:00 am <b>Volley Balloon</b> 11:00 am	<b>16</b> <b>Core Concepts</b> 7:00am and 11:00am <b>Stretch &amp; Flex</b> 8:30am <b>Fall Free® Essentials</b> 2:00 pm <b>Fall Free® Enhanced</b> 2:30 pm	<b>17</b> <b>Circuit Breaker™</b> 9:00 am <b>Yogalates</b> 2:00 pm
<b>20</b> <b>Core Concepts</b> 11:00am	<b>21</b> <b>Fall Free® Enhanced</b> 11:00am <b>Fall Free® Essentials</b> 11:30am	<b>22</b> <b>Volley Balloon</b> 11:00 am	<b>23</b> <b>Fall Free® Enhanced</b> 11:00am <b>Fall Free® Essentials</b> 11:30am	<b>24</b> <b>Stretch &amp; Flex</b> 9:00am
<b>27</b> <b>Core Concepts</b> 11:00am	<b>28</b> <b>Fall Free® Enhanced</b> 11:00am <b>Fall Free® Essentials</b> 11:30am	<b>29</b> <b>Volley Balloon</b> 11:00 am	<b>30</b> <b>Fall Free® Enhanced</b> 11:00am <b>Fall Free® Essentials</b> 11:30am	<b>1</b> <b>Stretch &amp; Flex</b> 9:00am

## Important Dates & Information

Spring Celebration Potluck and April Movie Matinee dates are to be determined

# Nifty After Fifty® Class Descriptions

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

## † Fall Free @ Balance include:

- Combinations of strength, proprioceptive, vestibular, vision and core exercises that progress each week for a total of 12 weeks
- Includes After A Fall training exercises
- Offered 2 times a week
- Pre class Balance testing required for appropriate class placement & participation
- Progressive Class: Structured for class participants to start, & end sessions together

† Fall Free® Balance Essentials: Level 1 Introduces essential building blocks designed to improve balance, agility and coordination for anyone just starting out. Exercises are performed \*on the floor (if capable), seated in a chair and standing with chair assist.

Criteria: Berg score of 0- 20; TUG score > 30 sec; Functional Reach <6 in

† 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

❖ 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.

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.

Volley Balloon- 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.

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!

Yogalates: Combines traditional yoga and Pilates based conditioning exercises that are designed to strengthen your core and improve your overall flexibility.

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