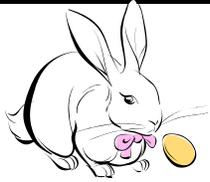


APRIL GROUP EXERCISE CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
		10:00am Fall Free® Balance Essentials 10:30am Fall Free® Balance Enhanced 11:00am Nifty Moves™ 12:00pm Yoga 3:30pm 50/50 4:00pm No Fall Volleyball 1	9:30am Fall Free® Balance Enhanced 10:00am Chair Aerobics 10:30am No Fall Volleyball 1:30pm Fall Free® Balance Enhanced 3:00pm Up in Arms™ 3:30pm Stretch & Flex 2	10:00am Core Concepts 10:30am Stretch & Flex 11:00am No Fall Volleyball 12:00pm Yoga 3
10:00am Fall Free® Balance TESTING 10:30am Fall Free® Balance TESTING 11:00am Nifty Moves™ 12:00pm Yoga 1:00pm Tai Chi 1:30pm Fall Free® Balance TESTING 3:30pm 50/50 4:00pm No Fall Volleyball 6	9:30am Fall Free® Balance TESTING 10:00am Chair Aerobics 10:30am No Fall Volleyball 1:30pm Fall Free® Balance TESTING 3:00pm Up in Arms™ 3:30pm Stretch & Flex 7	10:00am Fall Free® Balance TESTING 10:30am Fall Free® Balance TESTING 11:00am Nifty Moves™ 12:00pm Yoga 3:30pm 50/50 4:00pm No Fall Volleyball 8	9:30am Fall Free® Balance TESTING 10:00am Chair Aerobics 10:30am No Fall Volleyball 1:30pm Fall Free® Balance TESTING 3:00pm Up in Arms™ 3:30pm Stretch & Flex 9	10:00am Core Concepts 10:30am Stretch & Flex 11:00am No Fall Volleyball 12:00pm Yoga 10
10:00am Fall Free® Balance Essentials 10:30am Fall Free® Balance Enhanced 11:00am Nifty Moves™ 12:00pm Yoga 1:00pm Tai Chi 1:30pm Fall Free® Balance Enhanced 3:30pm 50/50 4:00pm No Fall Volleyball 13	9:00am Fall Free® Balance Enhanced 9:30am Set the Tone™ 10:00am Chair Aerobics 10:30am No Fall Volleyball 3:00pm Up in Arms™ 3:30pm Stretch & Flex 14	10:00am Fall Free® Balance Essentials 10:30am Fall Free® Balance Enhanced 11:00am Nifty Moves™ 12:00pm Yoga 3:30pm 50/50 4:00pm No Fall Volleyball 15	9:00am Fall Free® Balance Enhanced 9:30am Set the Tone™ 10:00am Chair Aerobics 10:30am No Fall Volleyball 1:30pm Fall Free® Balance Enhanced 3:00pm Up in Arms™ 3:30pm Stretch & Flex 16	10:00am Core Concepts 10:30am Stretch & Flex 11:00am No Fall Volleyball 12:00pm Yoga 17
10:00am Fall Free® Balance Essentials 10:30am Fall Free® Balance Enhanced 11:00am Nifty Moves™ 12:00pm Yoga 1:00pm Tai Chi 1:30pm Fall Free® Balance Enhanced 3:30pm 50/50 4:00pm No Fall Volleyball 20	9:00am Fall Free® Balance Enhanced 9:30am Set the Tone™ 10:00am Chair Aerobics 10:30am No Fall Volleyball 3:00pm Up in Arms™ 3:30pm Stretch & Flex 21	10:00am Fall Free® Balance Essentials 10:30am Fall Free® Balance Enhanced 11:00am Nifty Moves™ 12:00pm Yoga 3:30pm 50/50 4:00pm No Fall Volleyball 22	9:00am Fall Free® Balance Enhanced 9:30am Set the Tone™ 10:00am Chair Aerobics 10:00am SPRING FLING POTLUCK 10:30am No Fall Volleyball 1:30pm Fall Free® Balance Enhanced 3:00pm Up in Arms™ 3:30pm Stretch & Flex 23	10:00am Core Concepts 10:30am Stretch & Flex 11:00am No Fall Volleyball 12:00pm Yoga 24
10:00am Fall Free® Balance Essentials 10:30am Fall Free® Balance Enhanced 11:00am Nifty Moves™ 12:00pm Yoga 1:00pm Tai Chi 1:30pm Fall Free® Balance Enhanced 3:30pm 50/50 4:00pm No Fall Volleyball 27	9:00am Fall Free® Balance Enhanced 9:30am Set the Tone™ 10:00am Chair Aerobics 10:30am No Fall Volleyball 3:00pm Up in Arms™ 3:30pm Stretch & Flex 28	10:00am Fall Free® Balance Essentials 10:30am Fall Free® Balance Enhanced 11:00am Nifty Moves™ 12:00pm Yoga 3:30pm 50/50 4:00pm No Fall Volleyball 29	9:00am Fall Free® Balance Enhanced 9:30am Set the Tone™ 10:00am Chair Aerobics 10:30am No Fall Volleyball 1:30pm Fall Free® Balance Enhanced 3:00pm Up in Arms™ 3:30pm Stretch & Flex 30	

April 1, 2015 April Fool's Day
 April 5, 2015 Easter
 April 23, 2015 Spring Fling Pot Luck

Important Dates & Information



Nifty after Fifty® – Garden Grove
 12572 Valley View St.
 Garden Grove, CA 92845
 P: (714) 823-4400 F: (714) 823-4404

Nifty After Fifty® Class Descriptions

Fall Free® Balance Essentials & Balance Enhanced 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 2x/wk
- ✓ 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

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!

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 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!

No Fall VolleyBall™ - This activity is designed for those who want to take it to the next level by playing at a faster pace and take on a few more challenges.

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 Lining™ Line dancing class designed for participants who arrive with or without a partner! Come and experience how much fun you can have moving in a line! All levels welcome!

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

Tai Chi: Series of gentle and relaxing exercises designed to reduce stress, improve balance and concentration while promoting a feeling of well-being. This class is excellent for people trying Tai Chi for the first time.

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

Yoga Lite: Sequence of traditional yoga postures and breathing techniques that help to improve flexibility, balance & strength as you learn relaxation techniques proven to reduce stress and improve health.

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