



Senior Program Schedule



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Note: Classes need to average a minimum of 10 people in order to remain on schedule.	2 NO CLASSES!! HAPPY LABOR DAY!	3 9.30am – Zumba G w Mia	4 10:00 am – Tai Chi w Earl 11:00 am – Senior Fitness w Earl	5	6 9am - Zumba G w Mia	7
8	9 10:00 am – Tai Chi w Earl 11:00 am – Senior Fitness w Earl	10 9.30am – Zumba G w Mia	11 10:00 am – Tai Chi w Earl 11:00 am – Senior Fitness w Earl	12	13 9am - Zumba G w Mia	14
15	16 10:00 am – Tai Chi w Earl 11:00 am – Senior Fitness w Earl	17 9.30am – Zumba G w Mia	18 10:00 am – Tai Chi w Earl 11:00 am – Senior Fitness w Earl	19	20 9am - Zumba G w Mia	21
22	23 10:00 am – Tai Chi w Earl 11:00 am – Senior Fitness w Earl	24 9.30am – Zumba G w Mia	25 10:00 am – Tai Chi w Earl 11:00 am – Senior Fitness w Earl	26	27 9am - Zumba G w Mia	28
29	30 10:00 am – Tai Chi w Earl 11:00 am – Senior Fitness w Earl					

Senior Program Class Descriptions

- **Senior Fitness** - Learn how to exercise safely and effectively without worrying if I am “doing this right?” A confidence and knowledge building workout to equip you with all you need to feel confident in any gym environment. **Level 1 - Light Intensity**
- **Tai Chi:** Beautiful, continuous exercises which reduce stress and increase your peace of mind with slow deep breathing exercises accompanying these gentle moves. **Level 1 - Light Intensity**
- **Senior Yoga:** Low-impact yoga exercises: a low-impact yoga that helps to regulate breathing by exercises consisting of postures and stretches intended to sustain healthy body functioning - **Low to Medium Intensity, Level 1, 2**
- **Zumba Gold:** Latin, Dance and Pop dance based cardio fitness program designed with lower intensity and impact - **Low to Medium Intensity - Level 1, 2**

