



# Senior Program Schedule



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 <b>Note:</b> Classes need to average a minimum of 10 people in order to remain on schedule.	2	3 10am - <b>Tai Chi</b> w Earl 11am - <b>Senior Fitness</b> w Earl	4	5 11am - <b>Tai Chi</b> w Earl	6 11am - <b>Senior Fitness</b> w Earl	7
8	9	10 10am - <b>Tai Chi</b> w Earl 11am - <b>Senior Fitness</b> w Earl	11	12 11am - <b>Tai Chi</b> w Earl	13 11am - <b>Senior Fitness</b> w Earl	14
15	16	17 10am - <b>Tai Chi</b> w Earl 11am - <b>Senior Fitness</b> w Earl	18	19 11am - <b>Tai Chi</b> w Earl	20 11am - <b>Senior Fitness</b> w Earl	21
22	23	24 10am - <b>Tai Chi</b> w Earl 11am - <b>Senior Fitness</b> w Earl	25	26 11am - <b>Tai Chi</b> w Earl	27 11am - <b>Senior Fitness</b> w Earl	28
29	30					

# **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**

