



Senior Program Schedule



Apr 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
Note: Classes need to average a minimum of 10 people in order to remain on schedule.	9am – Senior Yoga w Carol Ann 10.15am – Adv Tai Chi w Earl 11.30am – Senior Fitness w Earl	8.30am - Tai Chi w Earl 9.30am – Zumba G w Mia	9am – Senior Yoga w Carol Ann	9am – Senior Fitness w Earl	9am - Zumba G w Mia 10am – Senior Yoga w Carol Ann	
7	8	9	10	11	12	13
	9am – Senior Yoga w Carol Ann 10.15am – Adv Tai Chi w Earl 11.30am – Senior Fitness w Earl	8.30am - Tai Chi w Earl 9.30am – Zumba G w Mia	9am – Senior Yoga w Carol Ann	9am – Senior Fitness w Earl	9am - Zumba G w Mia 10am – Senior Yoga w Carol Ann	
14	15	16	17	18	19	20
	No Class Spring Break	No Class Spring Break	No Class Spring Break	No Class Spring Break		
21	22	23	24	25	26	27
	9am – Senior Yoga w Carol Ann 10.15am – Adv Tai Chi w Earl 11.30am – Senior Fitness w Earl	8.30am - Tai Chi w Earl 9.30am – Zumba G w Mia	9am – Senior Yoga w Carol Ann	9am – Senior Fitness w Earl	9am - Zumba G w Mia 10am – Senior Yoga w Carol Ann	
28	29	30				
	9am – Senior Yoga w Carol Ann 10.15am – Adv Tai Chi w Earl 11.30am – Senior Fitness w Earl	8.30am - Tai Chi w Earl 9.30am – Zumba G w Mia				

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**

