



# Senior Program Schedule



Apr 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Note:</b> Classes need to average a minimum of 10 people in order to remain on schedule.	1	2 11am - <b>Tai Chi</b> w Earl	3 11am – <b>Senior Fitness</b> w Earl	4 11am - <b>Tai Chi</b> w Earl	5 11am – <b>Senior Fitness</b> w Earl	6
	7	8	9 11am - <b>Tai Chi</b> w Earl	10 11am – <b>Senior Fitness</b> w Earl	11 11am - <b>Tai Chi</b> w Earl	12 11am – <b>Senior Fitness</b> w Earl
14	15	16 11am - <b>Tai Chi</b> w Earl	17 11am – <b>Senior Fitness</b> w Earl	18 11am - <b>Tai Chi</b> w Earl	19 	20
21	22	23 <b>No Classes</b> <b>Spring Break</b>	24 <b>No Classes</b> <b>Spring Break</b>	25 <b>No Classes</b> <b>Spring Break</b>	26 <b>No Classes</b> <b>Spring Break</b>	27
28	29	30 11am - <b>Tai Chi</b> 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**

