



Senior Program Schedule



December
2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3 10am – Tai Chi (Level 2) 11am – Senior Fitness (Level 2)	4	5 11am – Tai Chi (Level 1)	6 11am – Senior Fitness (Level 1)	7
8	9	10 10am – Tai Chi (Level 2) 11am – Senior Fitness (Level 2)	11	12 11am – Tai Chi (Level 1)	13 11am – Senior Fitness (Level 1)	14
15	16	17 10 am – Tai Chi (Level 2) 11am – Senior Fitness (Level 2)	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

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**

