



Senior Program Schedule



February 2020

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

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**

