



# Senior Program Schedule



July  
2020

| Sunday   | Monday | Tuesday | Wednesday   | Thursday | Friday   | Saturday  |          |
|--|--------|---------|---|----------|--|---|----------|
| <p><b>Note:</b> Classes need to average a minimum of 10 people in order to remain on schedule.</p> |        |         | 1   | 2        | 3<br>10:30am<br><b>Senior Fitness</b><br><br>11:30am<br><b>Senior Fitness w Earl</b> | 4   |          |
|  | 5      | 6       | 7   | 8        | 9  | 10<br>10:30am<br><b>Senior Fitness</b><br><br>11:30am<br><b>Senior Fitness w Earl</b> | 11       |
|  | 12     | 13      | 14<br><br>11:00am<br><b>Virtual Yoga/DVD</b><br>In Studio | 15       | 16   | 17<br>10:30am<br><b>Senior Fitness</b><br><br>11:30am<br><b>Senior Fitness w Earl</b> | 18       |
|  | 19     | 20      | 21<br><br>11:00am<br><b>Virtual Yoga/DVD</b><br>In Studio | 22       | 23   | 24<br>10:30am<br><b>Senior Fitness</b><br><br>11:30am<br><b>Senior Fitness w Earl</b> | 25       |
|  | 26     | 27      | 28<br><br>11:00am<br><b>Virtual Yoga/DVD</b><br>In Studio | 29       | 30   | 31<br>10:30am<br><b>Senior Fitness</b><br><br>11:30am<br><b>Senior Fitness w Earl</b> | August 1 |

# *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**
- **Zumba Gold:** Latin, Dance and Pop dance based cardio fitness program designed with lower intensity and impact - **Low to Medium Intensity - Level 1, 2**

