



Senior Program Schedule



June 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	3	4	5	6	7	8
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	
9	10	11	12	13	14	15
	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	
16	17	18	19	20	21	22
	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 NO CLASS	
23	24	25	26	27	28	29
	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	
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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**

