



Senior Program Schedule



June 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Note: Classes need to average a minimum of 10 people in order to remain on schedule.	3	4 11am - Tai Chi w Earl	5 11am - Senior Fitness w Earl	6 11am - Tai Chi w Earl	7 11am - Senior Fitness w Earl	8	
	9	10	11 11am - Tai Chi w Earl	12 11am - Senior Fitness w Earl	13 11am - Tai Chi w Earl	14 11am - Senior Fitness w Earl	15
	16	17	18 11am - Tai Chi w Earl	19 11am - Senior Fitness w Earl	20 11am - Tai Chi w Earl	21 11am - Senior Fitness w Earl	22
	23	24	25 11am - Tai Chi w Earl	26 11am - Senior Fitness w Earl	27 11am - Tai Chi w Earl	28 11am - Senior Fitness w Earl	29
	30						

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**

