



Senior Program Schedule



March 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Note: Classes need to average a minimum of 10 people in order to remain on schedule.	2	3 10am - Tai Chi w Earl 11am - Senior Fitness w Earl	4	5 11am - Tai Chi w Earl	6 11am - Senior Fitness w Earl	7
8	9	10 10am - Tai Chi w Earl 11am - Senior Fitness w Earl	11	12 11am - Tai Chi w Earl	13 11am - Senior Fitness w Earl	14
15	16	17 10am - Tai Chi w Earl 11am - Senior Fitness w Earl	18	19 11am - Tai Chi w Earl	20 11am - Senior Fitness w Earl	21
22	23	24 10am - Tai Chi w Earl 11am - Senior Fitness w Earl	25	26 11am - Tai Chi w Earl	27 11am - Senior Fitness w Earl	28
29	30	31 10am - Tai Chi w Earl 11am - Senior Fitness w Earl				

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**

