



Senior Program Schedule



May 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<p>Note: Classes need to average a minimum of 10 people in order to remain on schedule.</p>			1 9am – Senior Yoga w Carol Ann	2 9am – Senior Fitness w Earl	3 9am - Zumba G w Mia 10am – Senior Yoga w Carol Ann	4	
	5	6 9am – Senior Yoga w Carol Ann 10.15am – Adv Tai Chi w Earl 11.30am – Senior Fitness w Earl	7 8.30am - Tai Chi w Earl 9.30am – Zumba G w Mia	8 9am – Senior Yoga w Carol Ann	9 9am – Senior Fitness w Earl	10 9am - Zumba G w Mia 10am – Senior Yoga w Carol Ann	11
	12	13 9am – Senior Yoga w Carol Ann 10.15am – Adv Tai Chi w Earl 11.30am – Senior Fitness w Earl	14 8.30am - Tai Chi w Earl 9.30am – Zumba G w Mia	15 9am – Senior Yoga w Carol Ann	16 9am – Senior Fitness w Earl	17 9am - Zumba G w Mia 10am – Senior Yoga w Carol Ann	18
	19	20 9am – Senior Yoga w Carol Ann 10.15am – Adv Tai Chi w Earl 11.30am – Senior Fitness w Earl	21 8.30am - Tai Chi w Earl 9.30am – Zumba G w Mia	22 9am – Senior Yoga w Carol Ann	23 9am – Senior Fitness w Earl	24 No Classes	25
	26	27 	28 No Classes	29 No Classes	30 No Classes	31 No Classes	

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**

