




# Senior Program Schedule



May 2019

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

# **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**

