



Senior Program Schedule



February
2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Note: Classes need to average a minimum of 10 people in order to remain on schedule.						1 9:30am – Gentle Pilates w/ Mia
2	3 10:00 am – Tai Chi w Earl 11:00 am – Senior Fitness w Earl	4 9.30am – Zumba G w Mia	5 10:00 am – Tai Chi w Earl 11:00 am – Senior Fitness w Earl	6	7 9am – Zumba G w Mia	8
9	10 10:00 am – Tai Chi w Earl 11:00 am – Senior Fitness w Earl	11 9.30am – Zumba G w Mia	12 10:00 am – Tai Chi w Earl 11:00 am – Senior Fitness w Earl	13	14 9am – Zumba G w Mia	15
16	17 10:00 am – Tai Chi w Earl 11:00 am – Senior Fitness w Earl	18 9.30am – Zumba G w Mia	19 10:00 am – Tai Chi w Earl 11:00 am – Senior Fitness w Earl	20	21 9am – Zumba G w Mia	22
23	24 10:00 am – Tai Chi w Earl 11:00 am – Senior Fitness w Earl	25 9.30am – Zumba G w Mia	26 10:00 am – Tai Chi w Earl 11:00 am – Senior Fitness w Earl	27	28 9am – Zumba G w Mia	29

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**
- **Zumba Gold:** Latin, Dance and Pop dance based cardio fitness program designed with lower intensity and impact - **Low to Medium Intensity - Level 1, 2**

