



# Senior Program Schedule



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<p><b>Note:</b> Classes need to average a minimum of 10 people in order to remain on schedule.</p>				1	2 9am - <b>Zumba G</b> w Mia	3	
	4	5 10.30 am – <b>Tai Chi</b> w Earl 11.30am – <b>Senior Fitness</b> w Earl	6 9.30am – <b>Zumba G</b> w Mia	7 10.30 am – <b>Tai Chi</b> w Earl 11.30am – <b>Senior Fitness</b> w Earl	8	9 9am - <b>Zumba G</b> w Mia	10
	11	12 10.30 am – <b>Tai Chi</b> w Earl 11.30am – <b>Senior Fitness</b> w Earl	13 9.30am – <b>Zumba G</b> w Mia	14 10.30 am – <b>Tai Chi</b> w Earl 11.30am – <b>Senior Fitness</b> w Earl	15	16 9am - <b>Zumba G</b> w Mia	17
	18	19 10.30 am – <b>Tai Chi</b> w Earl 11.30am – <b>Senior Fitness</b> w Earl	20 9.30am – <b>Zumba G</b> w Mia	21 10.30 am – <b>Tai Chi</b> w Earl 11.30am – <b>Senior Fitness</b> w Earl	22	23 9am - <b>Zumba G</b> w Mia	24
	25	26 10.30 am – <b>Tai Chi</b> w Earl 11.30am – <b>Senior Fitness</b> w Earl	27 9.30am – <b>Zumba G</b> w Mia	28 10.30 am – <b>Tai Chi</b> w Earl 11.30am – <b>Senior Fitness</b> w Earl	29	30 9am - <b>Zumba G</b> w Mia	31

# *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**

