



Senior Program Schedule



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Note: Classes need to average a minimum of 10 people in order to remain on schedule.				1 No Class	2 No Classes	3	
	4	5	6 10am - Tai Chi w Earl 11am - Senior Fitness w Earl	7	8 11am - Tai Chi w Earl	9 11am - Senior Fitness w Earl	10
	11	12	13 10am - Tai Chi w Earl 11am - Senior Fitness w Earl	14	15 11am - Tai Chi w Earl	16 11am - Senior Fitness w Earl	17
	18	19	20 10am - Tai Chi w Earl 11am - Senior Fitness w Earl	21	22 11am - Tai Chi w Earl	23 11am - Senior Fitness w Earl	24
	25	26	27 10am - Tai Chi w Earl 11am - Senior Fitness w Earl	28	29 11am - Tai Chi w Earl	30 11am - Senior Fitness w Earl	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**

