



Senior Program Schedule



December
2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Note: Classes need to average a minimum of 10 people in order to remain on schedule.	2 10:00 am – Tai Chi w Earl 11:00 am – Senior Fitness w Earl	3 9.30am – Zumba G w Mia	4 10:00 am – Tai Chi w Earl 11:00 am – Senior Fitness w Earl	5	6 9am – Class Cancelled 9am – Pilates/Zumba **Toys for Tots event! Bring in a toy for admission!	7
8	9 10:00 am – Tai Chi w Earl 11:00 am – Senior Fitness w Earl	10 9.30am – Zumba G w Mia	11 10:00 am – Tai Chi w Earl 11:00 am – Senior Fitness w Earl	12	13 9am – Zumba G w Mia	14
15	16 10:00 am – Tai Chi w Earl 11:00 am – Senior Fitness w Earl	17 9.30am – Zumba G w Mia	18 10:00 am – Class Cancelled 11:00 am – Senior Fitness w Bayley	19	20 9am – Zumba G w Mia	21
22	23 10:00 am – Class Cancelled 11:00 am – Senior Fitness w Bayley	24 9.30am – Zumba G w Mia	25 No Classes Merry Christmas!	26	27 9am – Zumba G w Mia	28
29	30 10:00 am – Class Cancelled 11:00 am – Senior Fitness w Bayley	31 9.30am – Zumba G w Mia	1 10:00 am – Class Cancelled 11:00 am – Senior Fitness w Bayley	2	2 9am – Zumba G w Mia	

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**

