



# Senior Program Schedule



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 10.30 am – <b>Tai Chi</b> w Earl 11.30am – <b>Senior Fitness</b> w Earl	2 9.30am – <b>Zumba G</b> w Mia	3 No Classes	4	5 No Classes	6
7	8 10.30 am – <b>Tai Chi</b> w Earl 11.30am – <b>Senior Fitness</b> w Earl	9 9.30am – <b>Zumba G</b> w Mia	10 10.30 am – <b>Tai Chi</b> w Earl 11.30am – <b>Senior Fitness</b> w Earl	11	12 9am - <b>Zumba G</b> w Mia	13
14	15 10.30 am – <b>Tai Chi</b> w Earl 11.30am – <b>Senior Fitness</b> w Earl	16 9.30am – <b>Zumba G</b> w Mia	17 10.30 am – <b>Tai Chi</b> w Earl 11.30am – <b>Senior Fitness</b> w Earl	18	19 9am - <b>Zumba G</b> w Mia	20
21	22 10.30 am – <b>Tai Chi</b> w Earl 11.30am – <b>Senior Fitness</b> w Earl	23 9.30am – <b>Zumba G</b> w Mia	24 10.30 am – <b>Tai Chi</b> w Earl 11.30am – <b>Senior Fitness</b> w Earl	25	26 9am - <b>Zumba G</b> w Mia	27
28	29 10.30 am – <b>Tai Chi</b> w Earl 11.30am – <b>Senior Fitness</b> w Earl	30 9.30am – <b>Zumba G</b> w Mia	31 10.30 am – <b>Tai Chi</b> w Earl 11.30am – <b>Senior Fitness</b> w Earl			

# *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**

