



Senior Program Schedule



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

