



Senior Program Schedule



November
2019

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 9am - Zumba G w Mia	2	
	3	4 10:00 am – Tai Chi w Earl 11:00 am – Senior Fitness w Earl	5 9.30am – Zumba G w Mia	6 10:00 am – Tai Chi w Earl 11:00 am – Senior Fitness w Earl	7	8 9am – Zumba G w Mia	9
	10	11 10:00 am – Tai Chi w Earl 11:00 am – Senior Fitness w Earl	12 9.30am – Zumba G w Mia	13 10:00 am – Tai Chi w Earl 11:00 am – Senior Fitness w Earl	14	15 9am – Zumba G w Mia	16
	17	18 10:00 am – Tai Chi w Earl 11:00 am – Senior Fitness w Earl	19 9.30am – Zumba G w Mia	20 10:00 am – Tai Chi w Earl 11:00 am – Senior Fitness w Earl	21	22 9am – Zumba G w Mia	23
	24	25 10:00 am – Tai Chi w Earl 11:00 am – Senior Fitness w Earl	26 9.30am – Zumba G w Mia	27 10:00 am – Tai Chi w Earl 11:00 am – Senior Fitness w Earl	28 HAPPY THANKSGIVING!	29 NO CLASSES TODAY	30

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**

