



# Senior Program Schedule



November  
2019

| 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. |        |         |  | 11 a - <b>Tai Chi</b> w Earl (level 1) | 1<br>11 am- <b>Senior Fitness</b> w Earl (level 1) | 2  |    |
|   | 3      | 4       | 5<br>10am - <b>Tai Chi</b> w Earl (level 2)<br>11 am – <b>Senior Fitness</b> w Earl (level 2)  | 6                                      | 7<br>11 am - <b>Tai Chi</b> w Earl (level 1)       | 8<br>11 am – <b>Senior Fitness</b> w Earl (level 1)  | 9  |
|   | 10     | 11      | 12<br>10am - <b>Tai Chi</b> w Earl (level 2)<br>11 am – <b>Senior Fitness</b> w Earl (level 2) | 13                                     | 14<br>11 am - <b>Tai Chi</b> w Earl (level 1)      | 15<br>11 am – <b>Senior Fitness</b> w Earl (level 1) | 16 |
|   | 17     | 18      | 19<br>10am - <b>Tai Chi</b> w Earl (level 2)<br>11 am – <b>Senior Fitness</b> w Earl (level 2) | 20                                     | 21<br>11 am - <b>Tai Chi</b> w Earl (level 1)      | 22<br>11 am – <b>Senior Fitness</b> w Earl (level 1) | 23 |
|   | 24     | 25      | 26<br>10am - <b>Tai Chi</b> w Earl (level 2)<br>11 am – <b>Senior Fitness</b> w Earl (level 2) | 27                                     | 28   | 29   | 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**

