



# Spring Fitness Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30 AM	Move & Groove	Strength: Upper Body	Balance	Strength: Lower Body	Strength: Full Body & Cardio	
9:30 AM	Breathing & Tai Chi	Gentle Fit	Strength & Posture	Gentle Fit	Gentle Fit	
10:00 AM			Balance: Assisted			Exercise Video
10:15 AM		Group Walking				
11:00 AM	Cardio Drumming					
3:30 PM	Bean Bag Baseball					



# **Class Descriptions:**

**All fitness classes are 30 minutes long & are designed with the support of a chair**

## **Cardio Drumming:**

Cardio drumming is a creative and fun aerobic workout. It helps build strength and cardiovascular fitness leaving you smiling and feeling great.

## **Strength: Lower/Upper/ Full Body**

A variety of total body conditioning that involves strength and cardio exercises.

## **Gentle Fit**

A chair based workout that includes strength, cardio, and flexibility exercises.

## **Breathing & Tai Chi**

An easy, low-intensity class that focuses on breathing along with slow motions and poses to help improve balance.

## **Balance & Balance Assisted**

This class combines exercises to challenge and improve your balance.

## **Strength & Posture**

This class is suitable for everyone regardless of fitness level. Focus on exercises to help improve posture and strength.

## **Bean Bag Baseball**

A fun and competitive recreational game that is great for balance and cardio.

## **Group Walking**

Don't want to walk alone? Join us! This group is targeted to those who are avid walkers. We will walk in the neighborhood near by. Weather permitting.

## **Move & Groove**

Start your morning off right with a combination of cardio and strength exercises.

## **Fitness Equipment Orientation**

Drop in, no need to sign up. This is an introduction to the equipment.