



MARCH FITNESS SCHEDULE



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 10:15 Fitness Video PP 6:30 Wii Bowling-PP	3 10:15 Total Body-PP 11:00 Chair Dance-PP 1:00 Intro to Fit Room 2:00 Chair Volleyball-PP	4 9:40 Sit & Resist-PP 10:15 Posture & Balance-PP 11:00 Wii Golf-PP	5 10:15 Chair Yoga- PP 11:00 Wii Bowling-Cin 11:00 Tai Chi Club-PP 2:00 Chair Volleyball	6 9:40 Meditation & Stretch-PP 10:15 Total Body-PP 11:00 Wii-PP 1:30 Circuit Tr. -Fit Rm	7 9:30 Meditation Video CinRm 2:00 Chair Volleyball-PP	8 10:15 Fitness Video-PP
9 10:15 Fitness Video PP 6:30 Wii Bowling-PP	10 10:30 TOWN HALL 1:00 Healthy Habits-CK1 2:00 Chair Volleyball-PP	11 9:40 Sit & Resist-PP 10:15 Posture & Balance-PP 11:00 Wii Golf-PP	12 10:15 Chair Yoga - PP 11:00 Wii Bowling-Cin 11:00 Tai Chi Club-PP 1:00 Intro to Fit Rm 2:00 Chair Volleyball-PP	13 9:40 Meditation & Stretch-PP 10:15 Total Body-PP 11:00 Wii-PP 1:30 Circuit Tr. -Fit Rm	14 9:30 Meditation Video CinRm 2:00 Chair Volleyball-PP	15 10:15 Fitness Video-PP 1:00 Healthy Living Support Group -PP
16 10:15 Fitness Video PP 6:30 Wii Bowling-PP	17 9:30 Intro to Fit Rm 10:15 Total Body-PP 11:00-Chair Dance-PP 2:00 Chair Volleyball-PP	18 9:40 Sit & Resist-PP 10:15 Posture & Balance-PP 11:00 Wii Golf-PP	19 10:15 Chair Yoga - PP 11:00 Wii Bowling-Cin 11:00 Tai Chi Club-PP 2:00 Chair Volleyball-PP	20 9:40 Meditation & Stretch-PP 10:15 Total Body-PP 11:00 Wii-PP 1:30 Circuit Tr. -Fit Rm	21 9:30 Meditation Video CinRm 2:00 Chair Volleyball-PP	22 10:15 Fitness Video-PP
23 10:15 Fitness Video PP 6:30 Wii Bowling-PP	24 10:15 Total Body-PP 11:00-Chair Dance-PP 1:00 Healthy Habits-CK1 2:00 Chair Volleyball-PP	25 9:40 Sit & Resist-PP 10:15 Posture & Balance-PP 11:00 Wii Golf-PP	26 10:15 Chair Yoga - PP 11:00 Wii Bowling-Cin 11:00 Tai Chi Club-PP 2:00 Chair Volleyball-PP	27 9:40 Meditation & Stretch- PP 10:15 Total Body-PP 11:00 Wii-PP 1:30 Circuit Tr. -Fit Rm	28 9:30 Meditation Video CinRm 2:00 Chair Volleyball-PP	29 10:15 Fitness Video-PP 1:00 Healthy Living Support Group -PP
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Total Body - PP

This class is designed to engage all parts of the body for all fitness levels. A fully seated workout that can be done with or without added weight to fit the individual's fitness need and all movements can be modified to accommodate all abilities.

Sit & Resist - PP

With a light weight resistance or your own body resistance, join me for slow and controlled movements to stimulate the muscles & gain strength while seated the entire class.

Chair Dancing- PP

Let the music move you as we sit together in this class pairing movement to the beat! You don't need to have any dance skill. This class will increase your heart rate and make you smile and laugh. Welcoming all abilities , modifiable moves to keep everyone involved.

Posture & Balance - PP

Starting off with valuable posture fixing stretches followed with chair supported standing and seated exercises to practice balance and coordination. This is an all level all abilities class.

Stretching & Meditation- PP

Improve your flexibility for all your favorite activities! Carefully targeted stretches for all levels. Deep Breathing to improve brain & muscle health, along with a short meditation practice. This class is a helpful Stress Buster!

Healthy Habits

Join Antigone and others in conversations around how to create healthy choices, sample exercises and discuss desired future classes.

Circuit Training Class-Fitness Room

Improve your strength & cardiovascular health! Learn to use your Fit Room Exercise Equipment in a fun & easy Circuit Routine.

Intro To Fitness Room

Drop in at a variety of times during the month to learn the equipment.

Tai Chi Club

Join our little group as we enjoy learning & practicing Tai Chi together

All classes are welcoming to all levels of fitness and abilities, all movements are able to be modified to fit you as an individual!

It's not about perfection, it's about practice-
LET'S GET MOVING!