



# FEBRUARY FITNESS SCHEDULE



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 10:15 Fitness Video PP 6:30 Wii Bowling-PP	2 10:15 Total Body-PP 11:00 Ageless Grace Brain & Fitness-PP 1:00 Healthy Habits-CK1 2 Chair Volleyball-PP	3 9:40 Sit & Resist-PP 10:15 Posture & Balance-PP 11:00 Wii Golf-Cinema 1:00 Indoor Walk & Balance - Meet at FD	4 10:15 Chair Yoga- PP 11:00 Tai Chi -PP 2:00 Chair Volleyball	5 9:40 Stretch & Meditate-PP 10:15 Total Body-PP 11 Line Dancing-Fit 1:30 Balance Basics -Fit	6 2:00 Chair Volleyball-PP	7 10:15 Fitness Video-PP
8 10:15 Fitness Video PP 6:30 Wii Bowling-PP	9 10:30 Town Hall 2 Chair Volleyball-PP 3:15 Healthy Living Support Group - CK3	10 9:40 Sit & Resist-PP 10:15 Posture & Balance-PP 11:00 Chair Drumming Fun! -PP 1:00 Indoor Walk & Balance - Meet at FD	11 10:30 Minute to Win it- Winter Olympics! 2:00 Chair Volleyball-PP	12 9:40 Stretch & Meditate-PP 10:15 Total Body-PP 1:30 Balance Basics -Fit Rm (Sign up)	13 11:30 Line Dancing-PP 2:00 Chair Volleyball-PP	14 10:15 Fitness Video-PP
15 10:15 Fitness Video PP 6:30 Wii Bowling-PP	16 10:15 Total Body-PP 11:00 Ageless Grace Brain & Fitness-PP 1:00 Healthy Habits-CK1 2 Chair Volleyball-	17 9:40 Sit & Resist-PP 10:15 Posture & Balance-PP 11:00 Wii Golf-Cinema 1:00 Indoor Walk & Balance- Meet at FD	18 10:15 Chair Yoga - PP 11:00 Tai Chi-PP 1 Master Class -CinRm 2:00 Chair Volleyball-PP	19 9:40 Stretch & Meditate-PP 10:15 Total Body-PP 11 Line Dancing-Fit 1:30 Balance Basics -Fit Rm (Sign up)	20 2:00 Chair Volleyball-PP	21 10:15 Fitness Video-PP
22 10:15 Fitness Video PP 6:30 Wii Bowling-PP	23 10:15 Total Body-PP 11:00 Ageless Grace Brain & Fitness-PP 2 Chair Volleyball-PP 3:15 Healthy Living Support Group - CK3	24 9:40 Sit & Resist-PP 10:15 Posture & Balance-PP 11:00 Wii Golf-Cinema 1:00 Indoor Walk & Balance- Meet at FD	25 10:15 Chair Yoga - PP 11:00 Tai Chi -PP 2:00 Chair Volleyball-PP	26 9:40 Stretch & Meditate-PP 10:15 Total Body-PP 1:30 Balance Basics -Fit Rm (Sign up)	27 2:00 Chair Volleyball-PP	28 10:15 Fitness Video-PP
March 1 10:15 Fitness Video PP 6:30 Wii Bowling-PP	2 10:15 Total Body-PP 11:00 Ageless Grace Brain & Fitness-PP 1-Healthy Habits-CK1 2 Chair Volleyball PP	3 9:40 Sit & Resist-PP 10:15 Posture & Balance-PP 11:00 Wii Golf-Cinema 1:00 Indoor Walk & Balance - Meet at FD	4 10:15 Chair Yoga - PP 11:00 Tai Chi -PP 2:00 Chair Volleyball-PP	5 9:40 Stretch & Meditate-PP 10:15 Total Body-PP 1:30 Balance Basics -Fit Rm (Sign up)	6 2:00 Chair Volleyball-PP	7 10:15 Fitness Video-PP

## 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 band or your own body resistance, join us for slow and controlled movements to stimulate the muscles & gain strength while seated the entire class.

## Posture & Balance - PP

Starting off with valuable posture fixing stretches followed with supported seated and standing exercises to practice balance and coordination. This is an all levels, 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-CK1

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

## Balance Basics-Fitness Room -Sign Up Required

Improve your balance and posture and get some personal attention for your goals. This easy class is made to gradually improve your balance.

## Tai Chi -PP

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

## Ageless Grace Brain-Body Fitness - PP

Ageless Grace is a fun, easy, cutting edge brain & body fitness program based on neuroplasticity that improves brain function while simultaneously addressing physical skills like balance, core strength, flexibility & agility needed for lifelong optimal functioning.

***Mondays 11:00am -PP***

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