



# MARCH FITNESS SCHEDULE



| Sunday  | Monday  | Tuesday   | Wednesday   | Thursday   | Friday  | Saturday                     |
|---|---|---|---|--|---|------------------------------|
| 1<br>10:15 Fitness Video PP<br><br>6:30 Wii Bowling-PP                              | 2<br>10:15 Fitness Video-PP<br>11 Chair Dance Video-PP<br><br>2 Chair Volleyball-PP   | 3<br>9:40 Fitness Video-PP<br>10:15 Fitness Video-PP<br>11:00 Wii Golf-Cinema   | 4<br>10:15 Chair Yoga- PP<br>11:00 Tai Chi -PP<br><br>2:00 Chair Volleyball                                 | 5<br>9:40 Stretch & Meditate-PP<br>10:15 Total Body-PP<br>1:30 Balance Basics -Fit                         | 6<br><b>11:00 Hearing Loss Presentation- PP</b><br><br>2:00 Chair Volleyball-PP           | 7<br>10:15 Fitness Video-PP  |
| 8<br>10:15 Fitness Video PP<br><br>6:30 Wii Bowling-PP<br><br><i>SPRING FORWARD</i> | 9<br><b>10:30 Town Hall</b><br><br>2 Chair Volleyball-PP<br>3:15 Healthy Living Support Group - CK3                                     | 10<br>9:40 Sit & Resist-PP<br>10:15 Posture & Balance-PP<br><br><b>11:00 Chair Drumming Fun! -PP</b><br><br>1:00 Indoor Walk & Balance - Meet at FD | 11<br>10:15 Chair Yoga- PP<br>11:00 Tai Chi -PP<br><br>2:00 Chair Volleyball-PP                             | 12<br>9:40 Stretch & Meditate-PP<br>10:15 Total Body-PP<br>11 Line Dancing-Fit<br>1:30 Balance Basics -Fit | 13<br><br><b>11:00 Hearing Loss Q &amp; A Seminar- PP</b><br><br>2:00 Chair Volleyball-PP | 14<br>10:15 Fitness Video-PP |
| 15<br>10:15 Fitness Video PP<br><br>6:30 Wii Bowling-PP                             | 16<br>10:15 Total Body-PP<br><b>11:00 Ageless Grace Brain &amp; Fitness-PP</b><br>1:00 Healthy Habits-CK1<br>2 Chair Volleyball-        | 17<br>9:40 Sit & Resist-PP<br>10:15 Posture & Balance-PP<br>11:00 Wii Golf-Cinema<br><br>1:00 Indoor Walk & Balance-Meet at FD                      | 18<br>10:15 Chair Yoga - PP<br>11:00 Tai Chi-PP<br><b>1:00 Master Class-Cin</b><br>2:00 Chair Volleyball-PP | 19<br>9:40 Stretch & Meditate-PP<br>10:15 Total Body-PP<br><br>1:30 Balance Basics -Fit                    | 20<br><br>11 Line Dancing-Fit<br><br>2:00 Chair Volleyball-PP                             | 21<br>10:15 Fitness Video-PP |
| 22<br>10:15 Fitness Video PP<br><br>6:30 Wii Bowling-PP                             | 23<br>10:15 Total Body-PP<br><b>11:00 Ageless Grace Brain &amp; Fitness-PP</b><br>2 Chair Volleyball-PP<br>3:15 Healthy Living GroupCK3 | 24<br>9:40 Sit & Resist-PP<br>10:15 Posture & Balance-PP<br>11:00 Wii Golf-Cinema<br><br>1:00 Indoor Walk & Balance-Meet at FD                      | 25<br>10:15 Chair Yoga - PP<br>11:00 Tai Chi -PP<br><br>2:00 Chair Volleyball-PP                            | 26<br>9:40 Stretch & Meditate-PP<br>10:15 Total Body-PP<br>11 Line Dancing-Fit<br>1:30 Balance Basics -Fit | 27<br><br>2:00 Chair Volleyball-PP  | 28<br>10:15 Fitness Video-PP |
| 29<br>10:15 Fitness Video PP<br><br>6:30 Wii Bowling-PP                             | 30<br><b>10:15 Total Body-PP</b><br><b>11:00 Ageless Grace Brain &amp; Fitness-PP</b><br>1-Healthy Habits-CK1<br>2 Chair Volleyball PP  | 31<br>9:40 Sit & Resist-PP<br>10:15 Posture & Balance-PP<br>11:00 Wii Golf-Cinema<br><br>1:00 Indoor Walk & Balance - Meet at FD                    | <b>April 1</b><br><b>10:30 April Fools Celebration Minute to WIN it!</b><br><br>2:00 Chair Volleyball-PP    | 2<br>9:40 Stretch & Meditate-PP<br>10:15 Total Body-PP<br><br>1:30 Balance Basics -Fit                     | 3<br><br>2:00 Chair Volleyball-PP   | 4<br>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***