



APRIL FITNESS SCHEDULE



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29 10:15 Fitness Video PP 6:30 Wii Bowling-PP	30 10:15 Total Body-PP 11:00 Ageless Grace Brain & Fitness-PP 1:00 Healthy Habits 2 Chair Volleyball-PP	31 9:40 Sit & Resist-PP 10:15 Posture & Balance-PP 11:00 Wii Golf-Cinema 1:00 Indoor Walk & Balance - Meet at FD	April 1 10:30 April Fools Celebration Minute to WIN it! 2:00 Chair Volleyball-PP	2 9:40 Stretch & Meditate-PP 10:15 Total Body-PP 11 Line Dance-Fit 1:30 Balance Basics -Fit	3 2:00 Chair Volleyball-PP	4 10:15 Fitness Video-PP
5 10:15 Fitness Video PP 6:30 Wii Bowling-PP	6 10:15 Total Body-PP 11:00 Ageless Grace Brain & Fitness-PP 2 Chair Volleyball-PP 3:15 Healthy Living Support Group - CK3	7 9:40 Sit & Resist-PP 10:15 Posture & Balance-PP 11:00 Wii Golf-Cinema 1:00 Indoor Walk & Balance - Meet at FD	8 10:15 Chair Yoga- PP 11:00 Tai Chi -PP 2:00 Chair Volleyball-PP	9 9:40 Stretch & Meditate-PP 10:15 Total Body-PP 1:30 Balance Basics -Fit	10 2:00 Chair Volleyball-PP	11 10:15 Fitness Video-PP
12 10:15 Fitness Video PP 6:30 Wii Bowling-PP	13 10:30 Town Hall 11:30 Garden Info Mtg-PP 1 Healthy Habits 2 Chair Volleyball-	14 9:40 Sit & Resist-PP 10:15 Posture & Balance-PP 11:00 Chair Drumming Fun! -PP 1:00 Indoor Walk & Balance-Meet at FD	15 10:15 Chair Yoga - PP 11:00 Tai Chi-PP 1:00 Ted Talk-Gardening! 2:00 Chair Volleyball-PP	16 9:40 Stretch & Meditate-PP 10:15 Total Body-PP 1:30 Balance Basics -Fit	17 2:00 Chair Volleyball-PP	18 10:15 Fitness Video-PP
19 10:15 Fitness Video PP 6:30 Wii Bowling-PP	20 10:15 Total Body-PP 11:00 Ageless Grace Brain & Fitness-PP 2 Chair Volleyball-PP 3:15 Healthy Living Support Group - CK3	21 9:40 Sit & Resist-PP 10:15 Posture & Balance-PP 11:00 Wii Golf-Cinema 1:00 Indoor Walk & Balance-Meet at FD	22 EARTH DAY!! 10:15 Chair Yoga - PP 11 Chair Drumming Fun-PP 1 Nature Walk! Meet in Lobby 2:00 Chair Volleyball-PP	23 9:40 Stretch & Meditate-PP 10:15 Total Body-PP 11 Line Dance-Fit 1:30 Balance Basics -Fit	24 2:00 Chair Volleyball-PP	25 10:15 Fitness Video-PP
26 10:15 Fitness Video PP 6:30 Wii Bowling-PP	27 10:15 Total Body-PP 11:00 Ageless Grace Brain & Fitness-PP 1-Healthy Habits-CK1 2 Chair Volleyball PP	28 9:40 Sit & Resist-PP 10:15 Posture & Balance-PP 11:00 Wii Golf-Cinema 1:00 Indoor Walk & Balance-Meet at FD	29 10:15 Yoga Video- PP 11:00 Tai Chi Video -PP 2:00 Chair Volleyball-PP	30 9:40 Stretching Video-PP 10:15 Fitness Video-PP 1:30 Balance Basics -Fit	May 1 2:00 Chair Volleyball-PP	2 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***