



# JULY FITNESS SCHEDULE



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28 10:15 Fitness Video PP 6:30 Wii Bowling-PP	29 10:15 Total Body-PP <b>11:00 Ageless Grace Brain &amp; Fitness-PP</b> 1 Aging Well-Ck1 2 Chair Volleyball-PP	30 9:40 Sit & Resist-PP 10:15 Posture & Balance-PP 11:00 Wii Golf-Cinema	<b>JULY 1</b> 10:15 Chair Yoga- PP 11:00 Tai Chi -PP  2:00 Chair Volleyball-PP	2 9:40 Stretch & Meditate-PP 10:15 Total Body-PP 1:30 Balance Basics -Fit	3  2:00 Chair Volleyball-PP	<b>4</b> <b>Happy Independence Day!</b> 10:15 Fitness Video-PP
5 10:15 Fitness Video PP 6:30 Wii Bowling-PP	6 10:15 Total Body-PP <b>11:00 Ageless Grace Brain &amp; Fitness-PP</b> 1 Healthy Living Support Group -CK1 2 Chair Volleyball-PP	7 9:40 Sit & Resist-PP 10:15 Posture & Balance-PP <b>11:00 Laughter Yoga-PP</b>  1:00 Garden Club - Ck1	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  <b>11 Fluid Movement-Fit</b>  2:00 Chair Volleyball-PP	11 10:15 Fitness Video-PP
12 10:15 Fitness Video PP 6:30 Wii Bowling-PP	13 <b>10:30 Town Hall</b> 1 Aging Well-Ck1 2 Chair Volleyball-PP	14 9:40 Sit & Resist-PP 10:15 Posture & Balance-PP 11:00 Wii Golf-Cinema	15 10:15 Chair Yoga - PP 11:00 Tai Chi-PP  2:00 Chair Volleyball-PP	16 9:40 Stretch & Meditate-PP 10:15 Total Body-PP  1:30 Balance Basics -Fit	17  <b>11 Fluid Movement-Fit</b>  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 <b>11:00 Ageless Grace Brain &amp; Fitness-PP</b> 1 Healthy Living Support Group-ck1 2 Chair Volleyball-PP	21 9:40 Sit & Resist-PP 10:15 Posture & Balance-PP 11:00 Wii Golf-Cinema  1:00 Garden Club - Ck1	22 <b>9:15 Weight Rm Intro-Fit</b> 10:15 Chair Yoga - PP 11:00 Tai Chi-PP  2:00 Chair Volleyball-PP	23 9:40 Stretch & Meditate-PP 10:15 Total Body-PP  1:30 Balance Basics -Fit	24  <b>11 Fluid Movement-Fit</b>  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 <b>11:00 Ageless Grace Brain &amp; Fitness-PP</b> 1 Aging Well-Ck1 2 Chair Volleyball-P	28 9:40 Sit & Resist-PP 10:15 Posture & Balance-PP 11:00 Wii Golf-Cinema <b>11 Weight Rm Intro-Fit</b>	29 10:15 Chair Yoga - PP 11:00 Tai Chi-PP  2:00 Chair Volleyball-PP	30 9:40 Stretch & Meditate-PP 10:15 Total Body-PP  1:30 Balance Basics -Fit	31  <b>11 Fluid Movement-Fit</b>  2:00 Chair Volleyball-PP	

### Total Body Conditioning- PP 35 min.

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 20 min

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.

### Posture & Balance - PP 35 min

Starting off with valuable posture fixing stretches followed with supported seated and standing exercises to practice balance and coordination. For all level & abilities.

### Stretching & Meditation- PP 20 min

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!

### Ageing Well at Terpening-CK 45 min

Join us in conversations around how to THRIVE while living at Terpening! Create healthy choices, food info, exercises and latest research on aging.

### Balance Basics-Fitness Room 30 min

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 20 min

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

### \*NEW\* Fluid Movement- Fit Room 30 min

Combines gentle movements with self-massage for improved circulation and relaxation.

### \*NEW\* Ageless Grace Brain-Body Fitness - PP 20 min

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.

Open to everyone regardless of fitness level. *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*