



SEPTEMBER FITNESS SCHEDULE



Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
30	31	1 9:30-10:30 Healthy Fit-Fit 9:40 Sit & Resist-PP 10:15 Posture/Balance-PP 11 Laughter Yoga-PP	2 10-12 Healthy Fit-Fit 10:15 Chair Yoga-PP 11 Tai Chi -PP 1 Dance -Fit 2 Chair Volleyball-PP	3 9:40 Stretch/Meditate-PP 10:15 Total Body-PP 11 Comedy Corner-Lobby 1:30 Balance Basics -Fit	4 9:30-11 Healthy Fit-Fit 11 Fluid Movement-Fit 2 Chair Volleyball-PP	5
6	7 Happy Labor Day	8 9:30-10:30 Healthy Fit-Fit 9:40 Sit & Resist-PP 10:15 Posture/Balance-PP 11 Laughter Yoga-PP	9 10-12 Employee Meeting 1 Dance - Fit 2 Chair Volleyball-PP	10 9:40 Stretch/Meditate-pp 10:15 Total Body-pp 11 Comedy Corner-Lobby 1:30 Balance Basics -Fit	11 9:30-11 Healthy Fit-Fit 11 Fluid Movement-Fit 2 Chair Volleyball-PP	12
13	14 10:30 Town Hall 1 Chair Yogalates -Fit 2 Chair Volleyball -PP	15 10:30 Kentucky Derby Races -PP!	16 10-12 Healthy Fit - Fit 10:15 Chair Yoga 11 Tai Chi - PP 1 Dance - Fit 2 Chair Volleyball	17 9:40 Stretch/Meditate-PP 10:15 Total Body-PP 11 Comedy Corner-Lobby 1:30 Balance Basics -Fit	18 9:30-11 Healthy Fit-Fit 11 Fluid Movement-Fit 2 Chair Volleyball-PP	19
20	21 11-12 Healthy Fit-Fit 10:15 Total Body-PP 11 Ageless Grace -PP 1 Aging Well-ck1 1 Chair Yogalates -Fit 2 Chair Volleyball-PP	22 9:30-10:30 Healthy Fit-Fit 9:40 Sit & Resist-PP 10:15 Posture/Balance-PP 11 Laughter Yoga-PP	23 10-11 Healthy Fit-Fit 10:15 Chair Yoga-PP 11 Tai Chi-PP 1 Dance-Fit 2 Chair Volleyball	24 9:40 Stretch/Meditate-PP 10:15 Total Body-PP 11 Comedy Corner-Lobby 1:30 Balance Basics -Fit	25 9:30-11 Healthy Fit-Fit 11 Fluid Movement-Fit 2 Chair Volleyball-PP	26
27	28 11-12 Healthy Fit-Fit 10:15 Total Body-PP 11 Ageless Grace-PP 1 Chair Yogalates-Fit 2 Chair Volleyball-PP	29 9:30-10:30 Healthy Fit-Fit 9:40 Sit & Resist-PP 10:15 Posture/Balance-PP 11 Laughter Yoga-PP	30 10-11 Healthy Fit-Fit 10:15 Chair Yoga-PP 11 Tai Chi-PP 1 Dance-Fit 2 Chair Volleyball			

Total Body Conditioning - PP - Antigone

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 - Antigone

With a lightweight 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 - Antigone

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

Stretching & Meditation- PP - Antigone

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. A wonderful stress-buster!

Balance Basics-Fitness Room - Antigone

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

Tai Chi -PP - Antigone

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

Comedy Corner - Meet in Lobby - Jessica

Jokes, stories laughter, and breathing techniques for healthy immune systems, lymphatic systems, glowing skin, and an overall positive lifestyle.

Dance - Fitness Room - Jessica

Feel free to explore guided and freestyle dance and movement. Offering both versions of standing and chair dance for everyone.

Fluid Movement - Fitness Room - Jessica

Combines gentle movement with self-massage for improved circulation, health, and relaxation.

Healthy Fit - Fitness - Jessica

One on one coaching fit sessions for overall health and happiness.

Healing Art - CK3 - Jessica

Creative expressions that help to improve emotional, mental, and physical wellbeing.

Laughter Yoga - PP - Jessica

Incorporates intentional laughter with easy and fun yogic breathing to reduce stress, improve mood, and boost overall vitality.

Ageless Grace Brain-Body Fitness - PP - Antigone

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 -All levels!