

November 2018

Fitness Calendar



FITNESS CENTER

9:30am-3:30pm

9:30am-1:30pm Friday

E19 staffed Monday/Wednesday

ALL CLASSES IN THE HUB ACTIVITY ROOM

MON: _____

TUES: _____

WED: _____

THUR: _____

FRI: _____

8 AM				
Total Body (Advanced) 45 min.	Mat Yoga 45min. w/JoAnne (Power Yoga)	Total Body (Advanced) 45 min.	Mat Yoga w/Carol N. 45 min. (Vinyasa Flow)	Total Body (Advanced) 45 min.
9:00 AM				
9:30 AM				
Strength & Balance w/Carol N. 45 min.		Strength & Balance w/Carol N. 45 min.		Strength & Balance w/ Carol N. 45 min.
10:00 AM				
	Tai Chi w/Michael 45 min.		Chair Yoga w/JoAnne 45 min.	
10:20 AM				
Total Body 40 min.		Cardio Circuit w/Carol N. 40 min.		
11:00 AM				
MASSAGE AND STRETCH 40 min.	CHAIR YOGA 45 min. w/JoAnne	Chair Yoga w/Carol N 45 min.		MASSAGE AND STRETCH 40 min.

Friday 11:45am LINE DANCING

MASSAGE AND STRETCH- Flexibility and relaxation!

TOTAL BODY- Variety is the spice of this class! Segments include cardio, strength, flexibility, balance and core training.

LINE DANCING – Come dance with us!! It's good for you; body and soul! (40 minutes)

Cardio Circuit – Intervals to improve stamina, muscle strength and flexibility

Strength and Balance – Increase stability & confidence, improve posture, strengthen abdominals