

**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				
<b>Total Body (Advanced)</b> 45 min.	<b>Mat Yoga</b> 45min. w/JoAnne (Power Yoga)	<b>Total Body (Advanced)</b> 45 min.	<b>Mat Yoga</b> w/Carol N. 45 min. (Vinyasa Flow)	<b>Total Body (Advanced)</b> 45 min.
9:00 AM				
9:30 AM				
<b>Strength &amp; Balance</b> w/Carol N. 45 min.		<b>Strength &amp; Balance</b> w/Carol N. 45 min.		<b>Strength &amp; Balance</b> w/ Carol N. 45 min.
10:00 AM				
	<b>Tai Chi</b> w/Michael 45 min.		<b>Chair Yoga</b> w/JoAnne 45 min.	
10:20 AM				
<b>Total Body</b> 40 min.		<b>Cardio Circuit</b> w/Carol N. 40 min.		
11:00 AM				
<b>Light Strength &amp; Balance</b> 40 min.	<b>CHAIR YOGA</b> 45 min. w/JoAnne	<b>Chair Yoga</b> w/Carol N 45 min.		<b>Light Strength &amp; Balance</b> 40 min.

Friday **11:45am LINE DANCING**

**LIGHT STRENGTH & BALANCE**- focuses on using light weights, light resistance with bands/balls, appropriate balance exercises and gentle stretching

**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