

July 2020

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

**TOTAL BODY
STANDING**
8:50-9:15 am
Auditorium**

**TOTAL BODY
SEATED**
9:30-9:55 am
Auditorium**

CHAIR FIT
11:30-11:55 am
Auditorium

MAT YOGA VIDEO
2:15-3:15 pm
Auditorium**

STRETCH & FLEX
8:15-8:45 am
Auditorium

GETTING STARTED
9:00-9:25 am
Auditorium**

TONE & BALANCE
9:45-10:15 am
Auditorium**

PILATES VIDEO
11:15 -12:15 pm
Aerobics Room**

LINE DANCE
2:00 - 2:30 pm
Auditorium**

**TOTAL BODY
STANDING**
8:50-9:15 am
Aerobics Room**

**TOTAL BODY
SEATED**
9:30-9:55 am
Aerobics Room**

**BRAIN BODY
FITNESS BREAK**
10:30 - 10:55 am
Aerobics Room**

STRETCH & FLEX
8:15-8:45 am
Auditorium

**GETTING
STARTED**
9:00-9:25 am
Auditorium**

TONE & BALANCE
9:45-10:15 am
Auditorium**

PILATES VIDEO
10:30-11:15 am
Auditorium **

CHAIR FIT
11:30-11:55 am
Auditorium

**TOTAL BODY
STANDING**
8:50-9:15 am
Auditorium**

EXERCISE VIDEO
9:00 - 9:45 am
Aerobics Room**

**TOTAL BODY
SEATED**
9:30-9:55 am
Auditorium**

TB VIDEO
9:00-9:45 am
Aerobics
Room**

TB VIDEO
10:00-10:45am
Aerobics
Room**

****Indicates
Class has
standing
and/or floor
work**

**RR & \$\$
Registration
&/Or Fee
Required**

**No Classes
on Sunday**

Classes with less than a minimum of 4 people may be cancelled.

July 2020

BRAIN FITNESS BREAK Come take break with us and train your body and your brain. Mostly seated.

CHAIR FIT Exercises in a chair to improve posture, increase coordination, circulation and balance.

GETTING STARTED A gentle 25-minute intro to exercise class aimed at helping new exercisers ease into a regular exercise routine.

****LINE DANCE** Whether or not you have any dance experience; join us for a class full of fun dance moves and lively music.

**** MAT YOGA VIDEO** A 1-hour video class to improve posture, balance, and learn to safely stretch and strengthen. The class is on floor with a mat.

****PILATES** A floor class using exercises developed by Joseph Pilates for the core (abs & back) which improves posture.

**** PILATES VIDEO** A variety of Pilates DVDs shown in the Aerobics room.

**** STRETCH & FLEX** This class focuses on flexibility and core strength. Standing, chair, and mat floor work exercises preformed.

****TONE & BALANCE** A **30-minute** mostly standing class that focuses on building strength, improving coordination, and balance.

****TOTAL BODY STANDING/SEATED** Is a **25-minute** comprehensive class that trains all your major muscles using aerobic, weight, and balance exercises.

**** TB VIDEO/EXERCISE VIDEO** Is a **45-minute** video class shown on screen in aerobics room. Class may include chair and standing aerobics, weights, and balance exercises.

****Indicates a class has standing and/or floor work**