

Monday	Tuesday	Wednesday	Thursday	Friday
Pilates Buff Bones 9:00–9:45 a.m. Diana (GES1)	Pilates Buff Bones 9:00–9:45 a.m. Sally (GES1)	Chair Yoga 9:30–10:15 a.m. Diana (GES2)	ChairFlex 9:00–9:45 a.m. Sally (GES2)	ChairFlex 9:00–9:45 a.m. Harold (GES2)
Cardio Barre 9:30–10:15 a.m. Lisa (GES2)	SilverSneakers 9:00–9:45 a.m. Olga (GES2)	Aquacize 9:45–10:30 a.m. Harold (P)	SilverSneakers 10:00–10:45 a.m. Olga (GES2)	Aquacize 9:45–10:30 a.m. Tony (P)
Aquacize 9:45–10:30 a.m. Harold (P)	ChairFlex 10:00–10:45 a.m. Tony (GES2)	SilverSneakers 10:30–11:15 a.m. Olga (GES2)	Rock Steady Boxing 12:00–1:00 p.m. Dany (G)	Cardio Barre 10:00–10:45 a.m. Lisa (GES2)
Chair Yoga 11:00–11:45 a.m. Diana (GES2)	Dance with Tony 11:00–11:45 a.m. Tony (G)	Tai Chi 12:00–1:00 p.m. Rigo (GES2)		Dance with Tony 11:00–11:45 a.m. Tony (G)
Tai Chi 12:00–1:00 p.m. Rigo (GES2)	Rock Steady Boxing 12:00–1:00 p.m. Dany (G)			Chair Yoga 11:00–11:45 a.m. Diana (GES2)

Aquacize: This class increases aerobic, strength, and flexibility conditioning using aqua "toys" and equipment in the swimming pool. It is perfect for all ages and fitness levels. No swimming experience is required.

Chair Yoga: This gentle form of yoga is practiced seated in a chair or using it for support during standing poses. Chair yoga is especially suitable for older adults, people with balance or coordination issues, and those with disabilities. Chair yoga helps increase flexibility, lung capacity, circulation and strength, improves balance, and relieves stress.

Rock Steady Boxing (RSB): RSB is a non-contact fitness program designed specifically for people with Parkinson's. This class is formatted from boxing routines to condition for optimal agility, speed, muscular endurance, accuracy, hand-eye coordination, footwork, and overall strength.

Cardio Barre: This unique, high energy/no impact exercise class combines barre work and lightweights with continual calorie-burning motion. This class focuses on toning and resistance exercises for the buttocks, legs, torso, and arms to sculpt muscles and elongate the muscles.

Dance with Tony: This class uses a fusion of Latin and International music to create a dynamic and exciting environment. Based on the principle that a workout should be "fun and easy to do," the routines feature low impact aerobic and fitness training with a combination of fast and slow rhythms that tone and sculpt the body.

SilverSneakers: This class focuses on strengthening muscles and increasing range of motion for daily life activities by using hand-held weights, elastic tubing with handles, and hand-held exercise balls.

ChairFlex: This seated-based class intends to relax tight muscles and relieve the body of stress. It includes lightweight resistance training and is open to all ages and fitness levels.

Pilates Buff Bones: This class leverages bone-strengthening and balance techniques along with Pilates, functional movement, strength training, and therapeutic exercise to tone your arms, hips, back and abs. This class is adaptable to varying levels and is even safe for those with osteoporosis.

Tai Chi: Tai Chi consists of slow, beautiful, relaxed movements that develop a sense of balance and harmony between mind and body. It addresses the key components of fitness – muscle strength, flexibility, balance, and, to a lesser degree, aerobic conditioning.