

Monday	Tuesday	Wednesday	Thursday	Friday
Pilates Buff Bones 8:45–9:30 a.m. Diana (GES1)	Low Impact 8:00–8:45 a.m. Diana (GES2)	Chair Yoga 8:30–9:15 a.m. Diana (GES2)	Pilates Buff Bones 8:00–8:45 a.m. Sally (GES2)	ChairFlex 9:00–9:45 a.m. Harold (GES2)
Cardio Barre 9:45–10:30 a.m. Lisa (GES2)	SilverSneakers 9:00–9:45 a.m. Olga (GES2)	Cardio Barre 9:30–10:15 a.m. Lisa (GES2)	ChairFlex 9:00–9:45 a.m. Sally (GES2)	Aquacize 9:45–10:30 a.m. Tony (P)
Aquacize 9:45–10:30 a.m. Nico (P)	ChairFlex 10:00–10:45 a.m. Tony (GES2)	Aquacize 9:45–10:30 a.m. Harold (P)	SilverSneakers 10:00–10:45 a.m. Tony (GES2)	Zumba Gold 11:00–11:45 a.m. Tony (G)
Chair Yoga 10:45–11:30 a.m. Diana (GES2)	Zumba Gold 11:00–11:45 a.m. Tony (G)	SilverSneakers 10:30–11:15 a.m. Olga (GES2)	Low Impact 11:00–11:45 a.m. Tony (G)	Chair Yoga 12:00–12:45 a.m. Diana (GES2)
Tai Chi 12:00–1:00 p.m. Rigo (GES2)	Rock Steady Boxing 12:00–1:00 p.m. Dany (G)	Tai Chi 12:00–1:00 p.m. Rigo (GES2)	Rock Steady Boxing 12:00–1:00 p.m. Dany (G)	

Aquasize: Increase aerobic, strength and flexibility, conditioning using aquatic "toys" and equipment in the swimming pool. Perfect for all fitness levels! No swimming experience required. Safe for all ages.

Chair Yoga - This gentle form of yoga is practiced sitting on a chair or using a chair 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. The class incorporates breathing exercises, stretching & yoga postures.

Rock Steady Boxing - (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 - A 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 butt, legs, torso and arms to sculpt muscles and elongate the muscles.

Zumba Gold - This class uses a fusion of Latin and International music/dance themes 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.

Tai Chi - Tai Chi is an ancient form of Chinese exercise consisting of slow, beautiful, relaxed movements that develop a sense of balance and harmony between mind and body.

ChairFlex - A seated based class to relax your tight muscles and relieve your body of stress. This class has light weight resistance training in a seated position. Open to all ages and fitness levels.

Pilates Buff Bones - Leverage bone-strengthening and balance techniques along with Pilates, functional movement, strength training and therapeutic exercise. Toning 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 is an ancient form of Chinese exercise consisting of slow, beautiful, relaxed movements that develop a sense of balance and harmony between mind and body.