

Classic - This low intensity exercise class that will work to increase your flexibility, strength and endurance. Basic exercises will be used to get your body moving. Participants may be seated or standing during the class. This class is designed for the beginning exerciser.

Circuit - The class offers standing, low-impact choreography alternated with standing upper-body strength work with hand-held weights, elastic tubing with handles and a ball. A chair is available for support. This class is suitable for nearly every fitness level and can be adapted depending on the skill of individual participants.

Yoga - This class is designed for all abilities and focuses on poses and postures to improve breathing, flexibility, balance, muscular strength, endurance and joint range of motion. Static and dynamic movements are presented to enhance the flow and physical energy of the movements with the chair for seated and standing support.

BOOM—Muscle This class incorporates athletic exercises that boost overall fitness. Move through muscle-conditioning blocks and activity-specific drills to improve strength and functional skill.

BOOM—Mind Strength. Confidence. Flexibility. Mind takes the best from yoga and Pilates and combines them into one fusion class. Designed to relax the body and mind with peaceful music and invigorating movements. The focus is on core muscles, lower body strength and balance.



December 2019

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|--|-----------------------|---|-----------------------|---|-----|
| 1 | 2 8:15 am BOOM Mind 9:05 am Yoga 9:05 am Circuit 10:15 am Classic | 3 1:30 pm Classic | 4 10:15 am Classic | 5 1:30 pm Classic | 6 9:05 am Yoga | 7 |
| 8 | 9 8:15 am BOOM Mind 9:05 am Yoga 9:05 am Circuit 10:15 am Classic | 10 1:30 pm Classic | 11 8:15 am Yoga 9:05 am Circuit 10:15 am Classic | 12 1:30 pm Classic | 13 9:05 am Yoga 9:05 am Boom - Muscle 10:15 am Classic | 14 |
| 15 | 16 8:15 am BOOM Mind 9:05 am Yoga 9:05 am Circuit 10:15 am Classic | 17 1:30 pm Classic | 18 8:15 am Yoga 9:05 am Circuit 10:15 am Classic | 19 1:30 pm Classic | 20 9:05 am Yoga 9:05 am Boom - Muscle 10:15 am Classic | 21 |
| 22 | 23 8:15 am BOOM Mind 9:05 am Yoga 9:05 am Circuit 10:15 am Classic | 24 CLOSED | 25 CLOSED | 26 | 27 9:05 am Yoga 9:05 am Boom - Muscle 10:15 am Classic | 28 |
| 29 | 30 8:15 am BOOM Mind 9:05 am Yoga 9:05 am Circuit 10:15 am Classic | 31 | | | | |

Fee: R \$42.00/ NR \$52.00 — Punch card for 10 classes Card expires after 3 months

These classes are part of the Healthways Fitness Program for individuals age 55 and older. If you are a Silver Sneakers Fit Pass holder, the classes are free.