

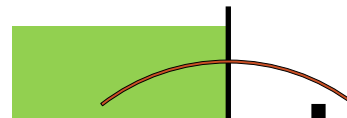
**Classic** - This low intensity exercise class that will work to increase your flexibility, strength and endurance. Basic exercises will be used to get your body moving. Participants may be seated or standing during the class. This class is designed for the beginning exerciser.

**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.



# June 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 8:15 am BOOM Mind 9:05 am Yoga 9:05 am Circuit 10:15 am Classic	4	5 8:15 am Yoga 10:15 am Classic	6 10:15 am BOOM—Muscle	7 9:05 am Yoga 9:05 am Circuit 10:15 am Classic	8
9	10 8:15 am BOOM Mind 9:05 am Yoga 9:05 am Circuit 10:15 am Classic	11	12 8:15 am Yoga 10:15 am Classic	13 10:15 am BOOM—Muscle	14 9:05 am Yoga 9:05 am Circuit 10:15 am Classic	15
16	17 8:15 am BOOM Mind 9:05 am Yoga 9:05 am Circuit 10:15 am Classic	18	19 8:15 am Yoga 10:15 am Classic	20 10:15 am BOOM—Muscle	21 9:05 am Yoga 9:05 am Circuit 10:15 am Classic	22
23	24 8:15 am BOOM Mind 9:05 am Yoga 10:15 am Classic	25	26 8:15 am Yoga 10:15 am Classic	27	28 9:05 am Yoga 10:15 am Classic	29
<p><b>Fee: R \$42.00/ NR \$52.00 — Punch card for 10 classes Card expires after 3 months</b></p> <p><b>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.</b></p>						