



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.

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—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.

Fee: R \$42.00/ NR \$52.00
— Punch card for 10 classes

Card expires after 3 months

Classes are part of the Tivity Health Program for individuals age 55 and older.

If you are a Silver Sneakers Fit Pass holder, the classes are free.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
September 2021			<i>1</i> 8:15 am Boom Muscle & Mind (In person or V) 9:05 am Yoga (In person or V) 10:00 am Classic (Virtual)	<i>2</i> 10:15 am Classic (In Person)	<i>3</i> 8:15 am Boom - Mind (In person or V) 9:05 am Yoga (In person or V)	<i>4</i>
<i>5</i>	<i>6</i> 	<i>7</i> 10:15 am Classic (In Person)	<i>8</i> 8:15 am Boom Muscle & Mind (In person or V) 9:05 am Yoga (In person or V) 10:00 am Classic	<i>9</i>	<i>10</i> 8:15 am Boom - Mind (In person or V) 9:05 am Yoga (In person or V)	<i>11</i>
<i>12</i>	<i>13</i> 8:15 am Boom - Mind (In person or V) 9:05 am Yoga (In person or V) 10:00 am Classic (Virtual)	<i>14</i> 10:15 am Classic (In Person)	<i>15</i> 8:15 am Boom Muscle & Mind (In person or V) 9:05 am Yoga (In person or V) 10:00 am Classic (Virtual)	<i>16</i> 10:15 am Classic (In Person)	<i>17</i> 8:15 am Boom - Mind (In person or V) 9:05 am Yoga (In person or V)	<i>18</i>
<i>19</i>	<i>20</i> 8:15 am Boom - Mind (In person or V) 9:05 am Yoga (In person or V) 10:00 am Classic (Virtual)	<i>21</i> 10:15 am Classic (In Person)	<i>22</i> 8:15 am Boom Muscle & Mind (In person or V) 9:05 am Yoga (In person or V) 10:00 am Classic (Virtual)	<i>23</i> 10:15 am Classic (In Person)	<i>24</i> 8:15 am Boom - Mind (In person or V) 9:05 am Yoga (In person or V)	<i>25</i>
<i>26</i>	<i>27</i> 8:15 am Boom - Mind (In person or V) 9:05 am Yoga (In person or V) 10:00 am Classic (Virtual)	<i>28</i> 10:15 am Classic (In Person)	<i>29</i> 8:15 am Boom Muscle & Mind (In person or V) 9:05 am Yoga (In person or V) 10:00 am Classic (Virtual)	<i>30</i> 10:15 am Classic (In Person)		