



**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.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>1</b>	<b>2</b> 8:15 am Boom Mind (IP or V) 9:05 am Yoga (IP or V) 10:15 am Classic (IP)	<b>3</b> 9:30 am Boom Muscle (V)	<b>4</b> 8:15 am Boom Muscle & Mind (IP or V) 9:05 am Yoga (IP or V) 10:15 am Classic (IP)	<b>5</b> 9:30 am Boom Muscle (V)	<b>6</b> 8:15 am Boom Mind (IP or V) 9:05 am Yoga (IP or V) 10:15 am Classic (IP)	<b>7</b>
<b>8</b>	<b>9</b> 8:15 am Boom Mind (IP or V) 9:05 am Yoga (IP or V) 10:15 am Classic (IP)	<b>10</b> 9:30 am Boom Muscle (V)	<b>11</b> 8:15 am Boom Muscle & Mind (IP or V) 9:05 am Yoga (IP or V) 10:15 am Classic (IP)	<b>12</b> 9:30 am Boom Muscle (V)	<b>13</b> 8:15 am Boom Mind (IP or V) 9:05 am Yoga (IP or V) 10:15 am Classic (IP)	<b>14</b>
<b>15</b>	<b>16</b> 8:15 am Boom Mind (IP or V) 9:05 am Yoga (IP or V) 10:15 am Classic (IP)	<b>17</b> 9:30 am Boom Muscle (V)	<b>18</b> 8:15 am Boom Muscle & Mind (IP or V) 9:05 am Yoga (IP or V) 10:15 am Classic (IP)	<b>19</b> 9:30 am Boom Muscle (V)	<b>20</b> 8:15 am Boom Mind (IP or V) 9:05 am Yoga (IP or V) 10:15 am Classic (IP)	<b>21</b>
<b>22</b>	<b>23</b> 8:15 am Boom Mind (IP or V) 9:05 am Yoga (IP or V) 10:15 am Classic (IP)	<b>24</b> 9:30 am Boom Muscle (V)	<b>25</b> 8:15 am Boom Muscle & Mind (IP or V) 9:05 am Yoga (IP or V) 10:15 am Classic (IP)	<b>26</b> 9:30 am Boom Muscle (V)	<b>27</b> 8:15 am Boom Mind (IP or V) 9:05 am Yoga (IP or V) 10:15 am Classic (IP)	<b>28</b>
<b>29</b>	<b>30</b> <b>CLOSED</b> 	<b>31</b> 9:30 am Boom Muscle (V)				

**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.**