

# November



**Classic** -This low intensity exercise class that will work to increase your flexibility, strength & 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 beginners.

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

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

**BOOM—Muscle-** Muscle incorporates athletic based exercises that improve upper body conditioning. You'll move through several 'blocks', which are groups of exercises that focus on different muscle groups.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<b>1</b>	<b>2</b> 8:00 am Boom Muscle & Mind (IP or V) 8:50 am Chair Yoga (IP or V) 10:15 am Classic (IP)	<b>3</b>	<b>4</b> 8:00 am Boom Mind (IP or V) 8:50 am Chair Yoga (IP or V) 10:15 am Classic (IP)	<b>5</b>
<b>6</b>	<b>7</b> 8:00 am Boom Muscle (IP or V) 8:50 am Chair Yoga (IP or V) 10:15 am Classic (IP)	<b>8</b>	<b>9</b> 8:00 am Boom Muscle & Mind (IP or V) 8:50 am Chair Yoga (IP or V) 10:15 am Classic (IP)	<b>10</b>	<b>11</b> 8:00 am Boom Mind (IP or V) 8:50 am Chair Yoga (IP or V) 10:15 am Classic (IP)	<b>12</b>
<b>13</b>	<b>14</b> 8:00 am Boom Muscle (IP or V) 8:50 am Chair Yoga (IP or V) 10:15 am Classic (IP)	<b>15</b>	<b>16</b> 8:00 am Boom Muscle & Mind (IP or V) 8:50 am Chair Yoga (IP or V) 10:15 am Classic (IP)	<b>17</b>	<b>18</b> 8:00 am Boom Mind (IP or V) 8:50 am Chair Yoga (IP or V) 10:15 am Classic (IP)	<b>19</b>
<b>20</b>	<b>21</b> 8:00 am Boom Muscle (IP or V) 8:50 am Chair Yoga (IP or V) 10:15 am Classic (IP)	<b>22</b>	<b>23</b> 8:00 am Boom Muscle & Mind (IP or V) 8:50 am Chair Yoga (IP or V) 10:15 am Classic (IP)	<b>24</b> <b>HAPPY THANKSGIVING</b> <b>Village Center CLOSED</b>	<b>25</b> <b>NO CLASSES</b> <b>Village Center CLOSED</b>	<b>26</b>
<b>27</b>	<b>28</b> 8:00 am Boom Muscle (IP or V) 8:50 am Chair Yoga (IP or V) 10:145 am Classic (IP)	<b>29</b>	<b>30</b> 8:00 am Boom Muscle (IP or V) 8:50 am Chair Yoga (IP or V) 10:15 am Classic (IP)			

**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**