

# December



**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.

**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.**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				<b>1</b>	<b>2</b> 8:00 am Boom Mind (IP or V) 8:50 am Chair Yoga (IP or V) 10:15 am Classic (IP)	<b>3</b>
<b>4</b>	<b>5</b> 8:00 am Boom Muscle (IP or V) 8:50 am Chair Yoga (IP or V) 10:15 am Classic (IP)	<b>6</b>	<b>7</b> 8:00 am Boom Muscle & Mind (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 Mind (IP or V) 8:50 am Chair Yoga (IP or V) 10:15 am Classic (IP)	<b>10</b>
<b>11</b>	<b>12</b> 8:00 am Boom Muscle (IP or V) 8:50 am Chair Yoga (IP or V) 10:15 am Classic (IP)	<b>13</b>	<b>14</b> 8:00 am Boom Muscle & Mind (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 Mind (IP or V) 8:50 am Chair Yoga (IP or V) 10:15 am Classic (IP)	<b>17</b>
<b>18</b>	<b>19</b> 8:00 am Boom Muscle (IP or V) 8:50 am Chair Yoga (IP or V) 10:15 am Classic (IP)	<b>20</b>	<b>21</b> 8:00 am Boom Muscle & Mind (IP or V) 8:50 am Chair Yoga (IP or V) 10:15 am Classic (IP)	<b>22</b>	<b>23</b> <b>NO CLASSES</b> <b>Village Center CLOSED</b>	<b>24</b> <b>Village Center CLOSED</b>
<b>25</b> <b>Village Center CLOSED</b>	<b>26</b> <b>NO CLASSES</b> <b>Village Center CLOSED</b>	<b>27</b>	<b>28</b> 8:00 am Boom Muscle (IP or V) 8:50 am Chair Yoga (IP or V) 10:15 am Classic (IP)	<b>29</b>	<b>30</b> 8:00 am Boom Muscle & Mind (IP or V) 8:50 am Chair Yoga (IP or V) 10:15 am Classic (IP)	<b>31</b> <b>Village Center CLOSED</b>