

JANUARY



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.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 VILLAGE CENTER CLOSED NO CLASSES	3	4 8:00 am Boom Mind (IP or V) 8:50 am Chair Yoga (IP or V) 10:15 am Classic (IP)	5	6 8:00 am Boom Muscle & Mind (IP or V) 8:50 am Chair Yoga (IP or V) 10:15 am Classic (IP)	7
8	9 8:00 am Boom Muscle (IP or V) 8:50 am Chair Yoga (IP or V) 10:15 am Classic (IP)	10	11 8:00 am Boom Mind (IP or V) 8:50 am Chair Yoga (IP or V) 10:15 am Classic (IP)	12	13 8:00 am Boom Muscle & Mind (IP or V) 8:50 am Chair Yoga (IP or V) 10:15 am Classic (IP)	14
15	16 8:00 am Boom Muscle (IP or V) 8:50 am Chair Yoga (IP or V) 10:15 am Classic (IP)	17	18 8:00 am Boom Mind (IP or V) 8:50 am Chair Yoga (IP or V) 10:15 am Classic (IP)	19	20 8:00 am Boom Muscle & Mind (IP or V) 8:50 am Chair Yoga (IP or V) 10:15 am Classic (IP)	21
22	23 8:00 am Boom Muscle (IP or V) 8:50 am Chair Yoga (IP or V) 10:15 am Classic (IP)	24	25 8:00 am Boom Mind (IP or V) 8:50 am Chair Yoga (IP or V) 10:15 am Classic (IP)	26	27 8:00 am Boom Muscle & Mind (IP or V) 8:50 am Chair Yoga (IP or V) 10:15 am Classic (IP)	28
29	30 8:00 am Boom Muscle (IP or V) 8:50 am Chair Yoga (IP or V) 10:15 am Classic (IP)	31				

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.