

# SAMPLE MONTH

## FITNESS CLASS SCHEDULE



| SUNDAY  | MONDAY   | TUESDAY   | WEDNESDAY   | THURSDAY  | FRIDAY  | SATURDAY  |
|---|--|---|---|---|---|-----------|
| <b>Discover our diverse selection of fitness classes catering to many skill levels.</b> |  | This schedule offers a glimpse of what's available, but we regularly evaluate what works best for our residents.                        |   |   |   |           |
|   | <b>1</b><br>9:00 Cardio/Strength/Balance<br>10:00 Water Fitness<br>10:15 Cardio/Strength/Balance<br>10:30 Low Intensity Cardio/Strength/Balance<br>12:00 Circuit Training<br>1:00 Chair Yoga<br>6:30 Line Dancing  | <b>2</b><br>9:00 Water Fitness<br>10:00 Balance<br>11:00 Cardio/Strength/Balance<br>1:00 Circuit Training<br>2:00 Adv. Floor Yoga Flow  | <b>3</b><br>9:00 Cardio/Strength/Balance<br>10:00 Water Fitness<br>10:15 Cardio/Strength/Balance<br>10:30 Low Intensity Cardio/Strength/Balance<br>1:00 Chair Yoga  | <b>4</b><br>9:00 Water Fitness<br>9:00 Cardio/Strength/Balance<br>10:00 Balance<br>11:00 Fitness Ctr Orientation<br>1:00 Zumba  | <b>5</b><br>9:00 Cardio/Strength/Balance<br>10:15 Cardio/Strength/Balance<br>10:30 Walking Group<br>1:00 Tai Chi  | <b>6</b>  |
| <b>7</b>  | <b>8</b><br>9:00 Cardio/Strength/Balance<br>10:00 Water Fitness<br>10:15 Cardio/Strength/Balance<br>10:30 Low Intensity Cardio/Strength/Balance<br>12:00 Circuit Training<br>1:00 Chair Yoga<br>6:30 Line Dancing  | <b>9</b><br>9:00 Water Fitness<br>10:00 Balance<br>11:00 Cardio/Strength/Balance<br>1:00 Circuit Training<br>2:00 Adv. Floor Yoga Flow  | <b>10</b><br>9:00 Cardio/Strength/Balance<br>10:00 Water Fitness<br>10:15 Cardio/Strength/Balance<br>10:30 Low Intensity Cardio/Strength/Balance<br>1:00 Chair Yoga | <b>11</b><br>9:00 Water Fitness<br>9:00 Cardio/Strength/Balance<br>10:00 Balance<br>11:00 Fitness Ctr Orientation<br>1:00 Zumba | <b>12</b><br>9:00 Cardio/Strength/Balance<br>10:15 Cardio/Strength/Balance<br>10:30 Walking Group<br>1:00 Tai Chi | <b>13</b> |
| <b>14</b>   | <b>15</b><br>9:00 Cardio/Strength/Balance<br>10:00 Water Fitness<br>10:15 Cardio/Strength/Balance<br>10:30 Low Intensity Cardio/Strength/Balance<br>12:00 Circuit Training<br>1:00 Chair Yoga<br>6:30 Line Dancing | <b>16</b><br>9:00 Water Fitness<br>10:00 Balance<br>11:00 Cardio/Strength/Balance<br>1:00 Circuit Training<br>2:00 Adv. Floor Yoga Flow | <b>17</b><br>9:00 Cardio/Strength/Balance<br>10:00 Water Fitness<br>10:15 Cardio/Strength/Balance<br>10:30 Low Intensity Cardio/Strength/Balance<br>1:00 Chair Yoga | <b>18</b><br>9:00 Water Fitness<br>9:00 Cardio/Strength/Balance<br>10:00 Balance<br>11:00 Fitness Ctr Orientation<br>1:00 Zumba | <b>19</b><br>9:00 Cardio/Strength/Balance<br>10:15 Cardio/Strength/Balance<br>10:30 Walking Group<br>1:00 Tai Chi | <b>20</b> |
| <b>21</b>   | <b>22</b><br>9:00 Cardio/Strength/Balance<br>10:00 Water Fitness<br>10:15 Cardio/Strength/Balance<br>10:30 Low Intensity Cardio/Strength/Balance<br>12:00 Circuit Training<br>1:00 Chair Yoga<br>6:30 Line Dancing | <b>23</b><br>9:00 Water Fitness<br>10:00 Balance<br>11:00 Cardio/Strength/Balance<br>1:00 Circuit Training<br>2:00 Adv. Floor Yoga Flow | <b>24</b><br>9:00 Cardio/Strength/Balance<br>10:00 Water Fitness<br>10:15 Cardio/Strength/Balance<br>10:30 Low Intensity Cardio/Strength/Balance<br>1:00 Chair Yoga | <b>25</b><br>9:00 Water Fitness<br>9:00 Cardio/Strength/Balance<br>10:00 Balance<br>11:00 Fitness Ctr Orientation<br>1:00 Zumba | <b>26</b><br>9:00 Cardio/Strength/Balance<br>10:15 Cardio/Strength/Balance<br>10:30 Walking Group<br>1:00 Tai Chi | <b>27</b> |
| <b>28</b>   | <b>29</b><br>9:00 Cardio/Strength/Balance<br>10:00 Water Fitness<br>10:15 Cardio/Strength/Balance<br>10:30 Low Intensity Cardio/Strength/Balance<br>12:00 Circuit Training<br>1:00 Chair Yoga<br>6:30 Line Dancing | <b>30</b><br>9:00 Water Fitness<br>10:00 Balance<br>11:00 Cardio/Strength/Balance<br>1:00 Circuit Training<br>2:00 Adv. Floor Yoga Flow |   |   |   |           |