

~ APRIL 2018 Fitness Calendar ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	<p>2 9:00 Strength & Stretch 10:00 Tai Chi</p> <p>1:00 LRMHC 2:00 Golf Conditioning 3:30 Aqua Circuit*</p>	<p>3 8:30 Aqua Circuit* 9:15 Hike Conditioning 10:00 Aqua Strength 11:00 30 Min. Balance</p> <p>2:00 Jump Rope Demo</p>	<p>4 9:00 Strength & Stretch 10:00 Chair Yoga</p> <p>2:00 Golf Conditioning 3:30 Aqua Circuit*</p>	<p>5 8:30 Aqua Circuit* 9:30 Hike Conditioning 10:00 Aqua Strength 11:00 30 Min. Balance</p>	<p>6 9:00 Strength & Stretch</p>	<p>7 Water Babies 9:30 – 11:45am Closed to all pool members</p>
8	<p>9 9:00 Strength & Stretch 10:00 Tai Chi</p> <p>1:00 LRMHC 2:00 Golf Conditioning 3:30 Aqua Circuit*</p>	<p>10 8:30 Aqua Circuit* 9:15 Hike Conditioning 10:00 Aqua Strength 11:00 30 Min. Balance</p>	<p>11 9:00 Strength & Stretch 10:00 Chair Yoga</p> <p>2:00 Golf Conditioning 3:30 Aqua Circuit*</p>	<p>12 8:30 Aqua Circuit* 10:00 Aqua Strength</p> <p>NO BALANCE CLASS</p>	<p>13 9:00 Strength & Stretch</p>	<p>14 Water Babies 9:30 – 11:45am Closed to all pool members</p>
15	<p>16 9:00 Strength & Stretch 10:00 Tai Chi</p> <p>1:00 LRMHC 3:30 Aqua Circuit*</p>	<p>17 8:30 Aqua Circuit* 9:15 Hike Conditioning 10:00 Aqua Strength 11:00 30 Min. Balance</p> <p>1:00 Wellness Comm. 2:00 Pool Committee</p>	<p>18 9:00 Strength & Stretch 10:00 Chair Yoga</p> <p>3:30 Aqua Circuit*</p>	<p>19 8:30 Aqua Circuit* 10:00 Aqua Strength 11:00 30 Min. Balance</p>	<p>20 9:00 Strength & Stretch</p>	<p>21</p>
22	<p>23 9:00 Strength & Stretch 10:00 Tai Chi</p> <p>1:00 LRMHC 3:30 Aqua Circuit*</p>	<p>24 8:30 Aqua Circuit* 10:00 Aqua Strength 11:00 30 Min. Balance</p>	<p>25 9:00 Strength & Stretch 10:00 Chair Yoga</p> <p>3:30 Aqua Circuit*</p>	<p>26 8:30 Aqua Circuit* 10:00 Aqua Strength 11:00 30 Min. Balance</p>	<p>27 9:00 Strength & Stretch</p>	<p>28</p>
29	<p>30 9:00 Strength & Stretch 10:00 Tai Chi</p> <p>1:00 LRMHC 3:30 Aqua Circuit*</p>					

Program Descriptions for April 2018

Strength & Stretch – Strength exercises, balance and stretching, using hand weights, ankle weights and bands. (45 minutes)

Strength & Balance – Resident lead class following the Stronger Living Guidelines.

Tai Chi – Led by Tai Chi Master Russ Jones. \$8.00/class for residents, \$12/class for non-residents.

Aqua Strength – Strength exercises and stretching done in shallow water. (45 minutes)

Aqua Circuit* – Exercises incorporating high and low intensity to build strength and endurance. Available to non-residents for \$5.00/class or \$20/month.

Chair Yoga – Gentle stretching done in a chair. Some standing poses involved, using chair as an aid. Available to non-residents for \$5.00/class or \$20/month. (30 minutes)

30- Minute Balance – Exercises done in and around a chair. Good beginner-level class for those who have a fear of falling or have fallen.

J.U.L.I.E.T.'s – (Just Us Ladies Into Exercising Together) Women only exercise class featuring a variety of instructors and techniques. Available to non-residents for \$5.00/class or \$20/month.

Golf Conditioning – Get ready to hit the links with this 30-minute class that focuses on the muscle groups you need to play your best game and limit injury. Free for residents, \$5/class for non-residents.

Hike Conditioning – Whether your goal is Mt. Washington or the Taylor hiking trails, this 30-minute class will help you prepare for the summer hiking season. Free for residents, \$5/class for non-residents.