

- MAY, 2018 FITNESS CALENDAR -

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 8:30 Aqua Circuit* 9:30 30 Strong 10:00 Aqua Strength 11:00 30 Min. Balance	2 9:00 Strength & Stretch 10:00 Chair Yoga 3:30 Aqua Circuit*	3 8:30 Aqua Circuit* 9:30 MarchFit 10:00 Aqua Strength 11:00 30 Min. Balance	4 9:00 Strength & Stretch	5
6	7 9:00 Strength & Stretch 10:00 Tai Chi 1:00 LRMHC 3:30 Aqua Circuit*	8 8:30 Aqua Circuit* 9:30 30 Strong 10:00 Aqua Strength 11:00 30 Min. Balance	9 9:00 Strength & Stretch 10:00 Chair Yoga 3:30 Aqua Circuit*	10 8:30 Aqua Circuit* 9:30 MarchFit 10:00 Aqua Strength 11:00 30 Min. Balance	11 9:00 Strength & Stretch	12
13	14 6:15 Early Morning Exercise 9:00 Strength & Stretch 10:00 Tai Chi 1:00 LRMHC 3:30 Aqua Circuit*	15 8:30 Aqua Circuit* 9:30 30 Strong 10:00 Aqua Strength 11:00 30 Min. Balance 1:00 Wellness Comm. 2:00 Pool Committee	16 6:15 Early Morning Exercise 9:00 Strength & Stretch 10:00 Chair Yoga 3:30 Aqua Circuit*	17 8:30 Aqua Circuit* 9:30 MarchFit 10:00 Aqua Strength 11:00 30 Min. Balance	18 9:00 Strength & Stretch	19
20	21 6:15 Early Morning Exercise 9:00 Strength & Stretch 10:00 Tai Chi 1:00 LRMHC 3:30 Aqua Circuit*	22 8:30 Aqua Circuit* 9:30 30 Strong 10:00 Aqua Strength 11:00 30 Min. Balance	23 6:15 Early Morning Exercise 9:00 Strength & Stretch 10:00 Chair Yoga 3:30 Aqua Circuit*	24 8:30 Aqua Circuit* 9:30 MarchFit 10:00 Aqua Strength 11:00 30 Min. Balance	25 9:00 Strength & Stretch	26
27	28 6:15 Early Morning Exercise 9:00 Strength & Stretch 10:00 Tai Chi 1:00 LRMHC 3:30 Aqua Circuit*	29 8:30 Aqua Circuit* 9:30 30 Strong 10:00 Aqua Strength 11:00 30 Min. Balance	30	31		

Program Descriptions for May 2018

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

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.

30Strong – 30 minute class using ankle weights, hand weights and bands to improve mobility, stability and confidence.

MarchFit – 30 minute movement class with upbeat music to improve circulation, coordination and stamina.

Early Morning Exercise* – Increase balance, strength and flexibility with gentle exercises, stretches and movement outside at Taylor. \$5.00/class.