

- JUNE, 2018 FITNESS CALENDAR -

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

Program Descriptions for June 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. FREE 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.

Mindful Movement and Meditation through Chi Kung – Led by Rick Hochsprung. Punch Card system: \$40.00 card = 5 classes (residents), non-residents \$50/card.