

# SENIOR GROUP EX



	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
<b>8:45am</b>		<b>Chair Yoga</b> Kim O. (45) ©		<b>Chair Yoga</b> Carol K. (45) ©			
<b>9:30am</b>		<b>Gentle Yoga</b> Elyse (60) ©		<b>Gentle Yoga</b> Elyse (55) ©	<b>Yoga/Meditation</b> Elyse (60) ©		
<b>10:30am</b>	<b>Cardio Fit</b> Stella (60) ©		<b>Cardio Fit</b> Corinne (60) ©		<b>Cardio Fit</b> Stella (60) ©		
	<b>Chair Yoga</b> Carol (45) ©						

Class	Description
<b>CHAIR YOGA</b>	Join us for a class of stretching and strengthening in a chair with a mix of standing balancing poses. The focus on breathing and posture will reduce stress and increase overall well-being.
<b>GENTLE YOGA</b>	Consists of postures designed to stretch and strengthen the body with a strong emphasis on breath and being mindful in your movements. Through consistent Yoga practice you will increase strength, flexibility, reduce stress and muscular tension and balance mind, body and spirit. Most postures will be performed on the floor. Blanket and yoga strap highly recommended.
<b>YOGA/MEDITATION</b>	Relax both body and mind by combining gentle yoga with breathing and meditation. Each student will receive nurturing assists during the relaxation.
<b>CARDIO FIT</b>	This energetic multi-level class is for the active adult looking to combine a balanced mix of cardiovascular conditioning with strength training and flexibility exercises. Participants will be challenged, at their own pace, utilizing light dumbbells, body bars, the step, and strength bands for an overall strength and conditioning class. Emphasis placed on functional training, balance, stretching and stabilization of muscle groups in a safe and fun environment.

**All classes meet in downstairs Mind/Body Studio unless otherwise noted.**

**Ⓐ = Upstairs Studio A    Ⓑ = Downstairs Studio B    Ⓒ = Downstairs Mind/Body Studio C**

**( ) = class length; all classes are 1 hour unless otherwise noted**

**■ = Pass required from Front Desk 30 min. prior to class start**