

FIT Building Exercise Schedule

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<u>9:00 AM</u> Chair Aerobics <u>9:45 AM</u> Health Session	<u>9:00 AM</u> Chair Yoga <u>9:45 AM</u> Health Session	<u>9:00 AM</u> Chair Fitness <u>9:45 AM</u> Health Session	<u>9:00 AM</u> Chair Dancing <u>9:45 AM</u> Health Session	<u>9:00 AM</u> Chair Exercises <u>9:45 AM</u> Health Session	
	<u>10:30 AM</u> Walking Workout	<u>10:30 AM</u> Boxing Workout	<u>10:30 AM</u> Individual Choice	<u>10:30 AM</u> Cardio-Variety Choice	<u>10:30 AM</u> Weight/ Dumbbell Work- out	
	<u>12:30 PM</u> Individual Choice	<u>12:30 PM</u> Individual Choice	<u>12:30 PM</u> Aerobic Exercises	<u>12:30 PM</u> Individual Choice	<u>12:30 PM</u> Individual Choice	
	<u>1:30 PM</u> Walking Workout	<u>1:30 PM</u> Weight Training	<u>1:30 PM</u> Individual Choice	<u>1:30 PM</u> Yoga	<u>1:30 PM</u> Basketball/ Volleyball	