

AUG to OCT Weekly Fitness Schedule

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AM	10 AM StrengthHab	10 AM CoreHab	10 AM ReadyHab	10 AM CoreHab	10 AM StrengthHab
PM	1 PM SteadyHab 2 PM YogiChi	1 PM StrengthHab (Chair) 2 PM YogiChi	1 PM StrengthHab 2 PM YogiChi	1 PM StrengthHab (Chair) 2 PM YogiChi	1 PM SteadyHab 2 PM StrengthHab (Chair)

BLUE: LEVEL 1 The perfect place to begin.

Designed for beginners or those recently returning to fitness and wellness classes. Build core strength, endurance, and balance. Exercises in these classes are highly adaptable, giving participants a variety of options for working in seated or standing positions.

GREEN: LEVEL 2 Go beyond the basics.

Provide greater variety of exercises with progressive challenges in aerobic endurance, functional strength, coordination and balance. More emphasis given to standing exercises. Before joining these classes, participants should feel comfortable standing for durations up to 15 minutes. Chairs are always available for support during balancing exercises and for rest breaks as needed.

ORANGE: LEVEL 3 Ready for a challenge!

Challenges for those feeling comfortable with the Green (Level 2) classes and ready to progress to the next level.