MARCH 2019 FITNESS CALENDAR

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	Taylor — your life, your community™				**1** 9:00: **Strength & Stretch** 2:00 *Rock Steady Boxing	**2**
3	**4** 8:00 Tai Chi 9:00 Strength & Stretch 1:00 LRMHC-Private 3:30 Aqua Circuit	**5** 8:30 Aqua Circuit 9:00 *New Class*: Hike Conditioning 9:30 Muscle Toning 10:00 Aqua Strength 11:00 30-Min. Balance	**6** 9:00 Strength & Stretch 10:00 Chair Yoga 3:30 Aqua Circuit	**7** 8:30 Aqua Circuit 9:30 March Fit 10:00 Aqua Strength 11:00 30-Min. Balance	**8** 9:00 Strength & Stretch 2:00 *Rock Steady Boxing	**9**
10	**11** 8:00 Tai Chi 9:00 Strength & Stretch 1:00 LRMHC-Private 3:30 Aqua Circuit	**12** 8:30 Aqua Circuit 9:00 *New Class*: Hike Conditioning 9:30 Muscle Toning 10:00 Aqua Strength 11:00 30-Min. Balance	**13** 9:00 Strength & Stretch 10:00 Chair Yoga 3:30 Aqua Circuit	**14** 8:30 Aqua Circuit 9:30 March Fit 10:00 Aqua Strength 11:00 30-Min. Balance	**15** 9:00 Strength & Stretch 2:00 *Rock Steady Boxing	**16**
17	**18** 8:00 Tai Chi 9:00 Strength & Stretch 1:00 LRMHC-Private 3:30 Aqua Circuit	**19** 8:30 Aqua Circuit 9:00 *New Class*: Hike Conditioning 9:30 Muscle Toning 10:00 Aqua Strength 11:00 30-Min. Balance	**20** 9:00 Strength &Stretch 10:00 Chair Yoga 3:30 Aqua Circuit	**21** 8:30 Aqua Circuit 9:30 March Fit 10:00 Aqua Strength 11:00 30-Min. Balance	**22** 9:00 Strength & Stretch 2:00 *Rock Steady Boxing	**23**
24/31	**25** 8:00 Tai Chi 9:00 Strength & Stretch 1:00 LRMHC-Private 3:30 Aqua Circuit	**26** 8:30 Aqua Circuit 9:00 *New Class*: Hike Conditioning 9:30 Muscle Toning 10:00 Aqua Strength 11:00 30-Min. Balance	**27** 9:00 Strength &Stretch 10:00 Chair Yoga 3:30 Aqua Circuit	**28** 8:30 Aqua Circuit 9:30 March Fit 10:00 Aqua Strength 11:00 30-Min. Balance	**29** 9:00 Strength & Stretch 2:00 *Rock Steady Boxing	**30**

Program Descriptions for March 2019

(Red: classes for residents & members; Blue and Black: classes for Resident only)

*Indicates a fee to sign up of the class. Rock Steady Boxing fee: $75 for returning members and $100 for new members

Strength & Stretch – This class offers light cardio, strength, range of motion and flexibility exercises that are easy on your joints, great for the mind and appropriate for most active adults looking to remain independent and strong. *45-min. class*

Tai Chi – An ancient form of exercise consisting of slow, relaxed movements that develop a sense of balance and harmony between mind and body. No sweating. Just calm, refreshed, energized bodywork led by Tai Chi Master Russ Jones.

Aqua Strength – A low impact water workout for all abilities and levels that helps tone your muscles, improve balance, increases range of motion and mobility in your joints and creates overall improved strength through the natural resistance of the 92-degree therapeutic water. *(Your head never goes under the water.) 45-min. class*

Aqua Circuit – A higher energy aquatic workout, targeting all the major muscles using the water's resistance to challenge all levels. This class includes cardio and muscle conditioning with water equipment such as noodles, buoys and bands. Methods of interval training, tabata and pyramids used to create fun effective workouts. *45-min. class*

Gentle Chair Yoga – Slow, controlled movements and stretches used to release tight muscles, develop flexibility and stability. Postures done from a chair with the option of standing. A mindful practice to release stress, improve mental clarity and balance. *30-min. class*

30- Minute Balance – Combine fun with fitness to increase your muscle endurance and balance using your very own body weight. This short but effective class looks to challenge your mind and body for improved daily performance. *30-min. class*

Muscle Toning – Tone and strengthen your entire body with focus on weight resistance and higher repetitions to improve mobility, stability and confidence. *30-min. class*

March Fit – Enjoy fun, low-impact cardio exercise as you move through a variety of exercises designed for active older adults. Increase your stamina and watch your body build improved endurance with daily activities. *30-min. class*