

AUGUST 2019 FITNESS CALENDAR

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 8:00 Tai chi 8:30 all new- Boxing with Heidi Lehr 9:30 March Fit 11:00 30-Min. Balance	2 9:00 Strength & Stretch 1:00 10:45 Meditation with Russ Jones (held in the Theater)	
4	5 8:00 Tai Chi 9:00 Strength & Stretch 10:30 Archery 1:00 LRMHC-Private	6 9:30 Muscle Toning 11:00 30-Min. Balance	7 9:00 Strength & Stretch 10:00 Chair Yoga	8 8:00 Tai chi 8:30 all new- Boxing with Heidi Lehr 9:30 March Fit 11:00 30-Min. Balance	9 9:00 Strength & Stretch 10:45 Meditation with Russ Jones (held in the Theater)	10
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Program Descriptions for August 2019

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.

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*

Archery – Come and join this new archery class and enjoy learning more about this wonderful sport. All equipment is supplied as well as bus service to the over flow parking lot.

Boxing – A great full body work out! Come and learn some boxing moves as well as strengthen your entire body. A great cardio workout without hurting your hands and wrists.