



MAY 2019 FITNESS CALENDAR

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 9:00 Strength & Stretch 10:00 Chair Yoga 1:00-2:30 LRMHC-(private)	2 9:30 March Fit 11:00 30-Min. Balance	3 9:00: Strength & Stretch	4
5	6 8:00 Tai Chi 9:00 Strength & Stretch 1:00 LRMHC-Private	7 9:00 Hike Conditioning 9:30 Muscle Toning 11:00 30-Min. Balance	8 9:00 Strength & Stretch 10:00 Chair Yoga 1:00-2:30 LRMHC-(private)	9 9:30 March Fit 11:00 30-Min. Balance	10 9:00 Strength & Stretch	11
12	13 8:00 Tai Chi 9:00 Strength & Stretch 1:00 LRMHC-Private	14 9:00 Hike Conditioning 9:30 Muscle Toning 11:00 30-Min. Balance	15 9:00 Strength & Stretch 10:00 Chair Yoga 1:00-2:30 LRMHC-(private)	16 9:30 March Fit 11:00 30-Min. Balance	17 10:15 Strength & Stretch – Russ to teach; Heather on vacation	18
19	20 8:00 Tai Chi 9:00 Strength & Stretch 1:00 LRMHC-Private	21 9:00 Hike Conditioning 9:30 Muscle Toning 11:00 30-Min. Balance (Canceled - Heather on vacation)	22 9:00 Strength & Stretch 10:00 Chair Yoga 1:00-2:30 LRMHC-(private)	23 9:30 March Fit 11:00 30-Min. Balance	24 9:00 Strength & Stretch	25
26	27 8:00 Tai Chi 9:00 Strength & Stretch 1:00 LRMHC-Private	28 9:00 Hike Conditioning 9:30 Muscle Toning 11:00 30-Min. Balance	29 9:00 Strength & Stretch 10:00 Chair Yoga 1:00-2:30 LRMHC-(private)	30 9:30 March Fit 11:00 30-Min. Balance	31 9:00 Strength & Stretch	

Program Descriptions for MAY 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.

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*