

## February 2020 FITNESS CALENDAR

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	<b>3</b> 8:00 <b>Tai Chi</b> 9:00/11:00 <b>Strength &amp; Stretch</b> 10:30 <b>Return to Snow Shoeing</b>	<b>4</b> 8:30 <b>Walking Group</b> 9:30 <b>Muscle Toning</b> 10:15 <b>Cardio-fit</b> 11:00 <b>30-Min. Balance</b>	<b>5</b> 9:00 <b>Strength &amp; Stretch</b> 10:15 <b>Chair Yoga</b>	<b>6</b> 8:00 <b>Tai Chi</b> 8:30 <b>Circuit Training-with Heidi Lehr</b> 9:30 <b>March Fit</b> 10:15 <b>Cardio-fit</b> 11:00 <b>30-Min. Balance</b>	<b>7</b> 9:00 <b>Strength &amp; Stretch</b> 10:45 <b>Meditation with Russ Jones (WS Theater)</b> 1:00 <b>Mat Yoga</b>	8
9	<b>10</b> 8:00 <b>Tai Chi</b> 9:00 <b>Strength &amp; Stretch-(No 11:00 class due to Town Hall)</b> 10:30 <b>Return to Snow Shoeing</b>	<b>11</b> 8:30 <b>Walking Group</b> 9:30 <b>Muscle Toning</b> 10:15 <b>Cardio-fit</b> 11:00 <b>30-Min. Balance</b>	<b>12</b> 9:00 <b>Strength &amp; Stretch</b> 10:15 <b>Chair Yoga</b>	<b>13</b> 8:00 <b>Tai Chi</b> 8:30 <b>Circuit Training-with Heidi Lehr</b> 9:30 <b>March Fit</b> 10:15 <b>Cardio-fit</b> 11:00 <b>30-Min. Balance</b>	<b>14</b> 9:00 <b>Strength &amp; Stretch</b> 10:45 <b>Meditation with Russ Jones (WS Theater)</b> 1:00 <b>Mat Yoga</b>	15
16	<b>17</b> 8:00 <b>Tai Chi</b> 9:00/11:00 <b>Strength &amp; Stretch</b> 10:30 <b>Return to Snow Shoeing</b>	<b>18</b> 8:30 <b>Walking Group</b> 9:30 <b>Muscle Toning</b> 10:15 <b>Cardio-fit</b> 11:00 <b>30-Min. Balance</b>	<b>19</b> 9:00 <b>Strength &amp; Stretch</b> 10:15 <b>Chair Yoga</b>	<b>20</b> 8:00 <b>Tai Chi</b> 8:30 <b>Circuit Training-with Heidi Lehr</b> 9:30 <b>March Fit</b> 10:15 <b>Cardio-fit</b> 11:00 <b>30-Min. Balance</b>	<b>21</b> 9:00 <b>Strength &amp; Stretch</b> 10:45 <b>Meditation with Russ Jones (WS Theater)</b> 1:00 <b>Mat Yoga</b>	22
23	<b>24</b> 8:00 <b>Tai Chi</b> 9:00/11:00 <b>Strength &amp; Stretch</b> 10:30 <b>Return to Snow Shoeing</b>	<b>26</b> 8:30 <b>Walking Group</b> 9:30 <b>Muscle Toning</b> 10:15 <b>Cardio-fit</b> 11:00 <b>30-Min. Balance</b>	<b>27</b> 9:00 <b>Strength &amp; Stretch</b> 10:15 <b>Chair Yoga</b>	<b>28</b> 8:00 <b>Tai Chi</b> 8:30 <b>Circuit Training-with Heidi Lehr</b> 9:30 <b>March Fit</b> 10:15 <b>Cardio-fit</b> 11:00 <b>30-Min. Balance</b>	<b>29</b> 9:00 <b>Strength &amp; Stretch</b> 10:45 <b>Meditation with Russ Jones (WS Theater)</b> 1:00 <b>Mat Yoga</b>	

## Program Descriptions for February 2020

**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*

**Circuit Training** – Come and do a total body work out with Heidi Lehr using different stations. This will include cardio, weight lifting, core stabilization and strengthening, and balance. *45-minute class*

**Cardio-Fit** – A higher intensity cardio exercise focused on raising your heart rate by utilizing rhythmic motions designed to target multiple ranges of motion and muscle groups. *30-minute class*