

MARCH 2020 FITNESS CALENDAR

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 8:00 Tai Chi 9:00/11:00 Strength & Stretch	3 9:30 Muscle Toning 10:15 Cardio-fit 11:00 30-Min. Balance	4 9:00/11:00 Strength & Stretch 10:15 Chair Yoga	5 8:00 Tai Chi 8:30 Circuit Training-with Heidi Lehr 9:30 March Fit 10:15 Cardio-fit 11:00 30-Min. Balance	6 9:00 Strength & Stretch 10:45 Meditation (WS Theater) 1:00 Mat Yoga	7
8	9 8:00 Tai Chi 9:00 Strength & Stretch- No 11:00 class due to Town Hall	10 9:30 Muscle Toning 10:15 Cardio-fit 11:00 30-Min. Balance	11 9:00 Strength & Stretch No chair yoga or 11:00 Strength and stretch due to trip to Funspot!	12 8:00 Tai Chi 8:30 Circuit Training-with Heidi Lehr 9:30 March Fit 10:15 Cardio-fit 11:00 30-Min. Balance	13 9:00 Strength & Stretch 10:45 Meditation (WS Theater) 1:00 Mat Yoga	14
15	16 8:00 Tai Chi 9:00 Strength & Stretch	17 9:30 Muscle Toning 10:15 Cardio-fit 11:00 30-Min. Balance	18 9:00/11:00 Strength & Stretch 10:15 Chair Yoga	19 8:00 Tai Chi 8:30 Circuit Training-with Heidi Lehr 9:30 March Fit 10:15 Cardio-fit 11:00 30-Min. Balance	20 9:00 Strength & Stretch 10:45 Meditation (WS Theater) 1:00 Mat Yoga	21
22	23 8:00 Tai Chi 9:00/11:00 Strength & Stretch	24 8:30 Return to Hiking Begins!! 9:30 Muscle Toning 10:15 Cardio-fit 11:00 30-Min. Balance	25 9:00/11:00 Strength & Stretch 10:15 Chair Yoga	26 8:00 Tai Chi 8:30 Circuit Training-with Heidi Lehr 9:30 March Fit 10:15 Cardio-fit 11:00 30-Min. Balance	27 9:00 Strength & Stretch 10:45 Meditation (WS Theater) 1:00 Mat Yoga	28
29	30 8:00 Tai Chi 9:00/11:00 Strength & Stretch	31 8:30 Return to Hiking 9:30 Muscle Toning 10:15 Cardio-fit 11:00 30-Min. Balance				

Program Descriptions for March 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*