

April Land Exercise Classes 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>9am Fit for Life 10am Gentle Yoga</p> <p>1pm Posture, Balance &amp; Gait</p>	<p>2</p> <p>8am Tai Chi 11am Chair Yoga 12pm Rock Steady Boxing <i>(Levels 3&amp;4)</i> 1pm Rock Steady Boxing <i>(Levels 1&amp;2)</i> 3pm Ballroom Dance</p>	<p>3</p> <p>7:30am Gentle Yoga 9am Fit for Life 10am Barre &amp; Yoga Wellness</p> <p>1pm Posture, Balance &amp; Gait</p>	<p>4</p> <p>9am Fit for Life 10am Gentle Yoga 1pm Posture, Balance &amp; Gait</p>	<p>5</p> <p>9am Fit for Life 10:30am Rejuvenation</p> <p>1pm Posture, Balance &amp; Gait</p>
<p>8</p> <p>9am Fit for Life 10am Gentle Yoga</p> <p>1pm Posture, Balance &amp; Gait</p>	<p>9</p> <p>8am Tai Chi 11am Chair Yoga 12pm Rock Steady Boxing <i>(Levels 3&amp;4)</i> 1pm Rock Steady Boxing <i>(Levels 1&amp;2)</i> 3pm Ballroom Dance</p>	<p>10</p> <p>7:30am Gentle Yoga 9am Fit for Life 10am Barre &amp; Yoga Wellness</p> <p>1pm Posture, Balance &amp; Gait</p>	<p>11</p> <p>10:30am Moving with Music 11am Chair Yoga 12pm Rock Steady Boxing <i>(Levels 3&amp;4)</i> 1pm Rock Steady Boxing <i>(Levels 1&amp;2)</i></p>	<p>12</p> <p>9am Fit for Life 10:30am Rejuvenation</p> <p>1pm Posture, Balance &amp; Gait</p>
<p>15</p> <p>9am Fit for Life 10am Gentle Yoga</p> <p>1pm Posture, Balance &amp; Gait</p>	<p>16</p> <p>8am Tai Chi 11am Chair Yoga 12pm Rock Steady Boxing <i>(Levels 3&amp;4)</i> 1pm Rock Steady Boxing <i>(Levels 1&amp;2)</i> 3pm Ballroom Dance</p>	<p>17</p> <p>7:30am Gentle Yoga 9am Fit for Life</p> <p>1pm Posture, Balance &amp; Gait</p>	<p>18</p> <p>10:30am Moving with Music 11am Chair Yoga 12pm Rock Steady Boxing <i>(Levels 3&amp;4)</i> 1pm Rock Steady Boxing <i>(Levels 1&amp;2)</i></p>	<p>19</p> <p>9am Fit for Life 10:30am Rejuvenation</p> <p>1pm Posture, Balance &amp; Gait</p>
<p>22</p> <p>9am Fit for Life 10am Gentle Yoga</p> <p>1pm Posture, Balance &amp; Gait</p>	<p>23</p> <p>8am Tai Chi 11am Chair Yoga 12pm Rock Steady Boxing <i>(Levels 3&amp;4)</i> 1pm Rock Steady Boxing <i>(Levels 1&amp;2)</i> 3pm Ballroom Dance</p>	<p>24</p> <p>7:30am Gentle Yoga 9am Fit for Life 10am Barre &amp; Yoga Wellness</p> <p>1pm Posture, Balance &amp; Gait</p>	<p>25</p> <p>10:30am Moving with Music 11am Chair Yoga 12pm Rock Steady Boxing <i>(Levels 3&amp;4)</i> 1pm Rock Steady Boxing <i>(Levels 1&amp;2)</i></p>	<p>26</p> <p>9am Fit for Life 10:30am Rejuvenation</p> <p>1pm Posture, Balance &amp; Gait</p>
<p>29</p> <p>9am Fit for Life 10am Gentle Yoga</p> <p>1pm Posture, Balance &amp; Gait</p>	<p>30</p> <p>8am Tai Chi 11am Chair Yoga 12pm Rock Steady Boxing <i>(Levels 3&amp;4)</i> 1pm Rock Steady Boxing <i>(Levels 1&amp;2)</i> 3pm Ballroom Dance</p>	<p>1</p> <p>7:30am Gentle Yoga 9am Fit for Life 10am Barre &amp; Yoga Wellness</p> <p>1pm Posture, Balance &amp; Gait</p>	<p>2</p> <p>10:30am Moving with Music 11am Chair Yoga 12pm Rock Steady Boxing <i>(Levels 3&amp;4)</i> 1pm Rock Steady Boxing <i>(Levels 1&amp;2)</i></p>	<p>3</p> <p>9am Fit for Life 10:30am Rejuvenation</p> <p>1pm Posture, Balance &amp; Gait</p>

March 2019

**Warm Hearth Fitness Center Always Recommends You Speak With Your Doctor before Starting Any Exercise Program.**

**\*Please see a Fitness Center staff member before participating in classes to complete required paperwork\***

**Fit for Life ★★ ★**

This class focuses on strength and endurance using weights and greater repetitions. Full range of motion, lower body movements, arms & shoulders to improve every day strength and functionality. Abdominal strengthening exercises will also be included in this class. Will use physio balls, bands & free weights.

**Chair Yoga ★**

A yoga class especially for those who find it difficult to get down on the floor. Participants enjoy the benefits of relaxation and increased flexibility from practicing yoga while sitting in a chair. The class will focus on breath work, stretches, supported strengthening poses and meditation.

**POSTURE, BALANCE, GAIT ★ ★**

A class for everyone!!!!!! We work on body mechanics and muscle memory through body weight/awareness and strength training.

**Moving with Music ★**

This class is appropriate for anyone who loves music and desires to explore the healing powers of, and joy within, movement regardless of whether they are living with mobility challenges or not. No experience is necessary. The moves explored can be done sitting as well as standing. These classes serve to provide an environment and opportunity for all to enjoy the energizing, enriching and empowering benefits of Movement and music in a welcoming community setting.

**Rock Steady Boxing (NEW) ★★ ★**

Rock Steady Boxing is a world-renowned program designed for those with Parkinson's. Rock Steady Boxing exercises are largely based off of boxing drills. Classes will work on optimal agility, speed, muscular endurance, accuracy, hand-eye coordination, footwork, and overall strength to defend against and overcome opponents associated with Parkinson's.

**Ballroom Dance ★★**

Led by Sapphire dance studio, this class meets weekly to develop and expand upon various ballroom dance styles. No previous experience with ballroom dance necessary.

**Tai Chi ★**

If you are looking for a way to relieve stress, this class is perfect for you! Tai chi is low impact and puts minimal stress on muscles and joints, making it generally safe for all ages and fitness levels. This class involves a series of movements performed in a slow, focused manner and accompanied by deep breathing.

**Rejuvenation ★**

Weekly class targeted at resetting the body into a complete state of relaxation.

**Gentle Yoga ★**

Great for beginners to advanced practitioners. This class utilizes floor techniques to engage the core, low back and entire body under the guidance of Noelle Dijoud.

Level of Difficulty:	
Easy	★
Moderate	★★
Advanced	★★★