



## Land Exercise Schedule

All color coded classes focus on strength, balance, flexibility, proprioception, and cardiovascular conditioning.



	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
<b>Blue</b> Moderate to vigorous activity regularly.	<b>Blue Class</b> 9:15am–9:45am	<b>Zumba</b> 9:15am–9:45am	<b>Blue Class</b> 9:15am–9:45am	<b>Zumba</b> 9:15am–9:45am	<b>Blue Class</b> 9:15am–9:45am
<b>Green</b> Active life most of the time.	<b>Blue Class</b> 10:00am–10:30am	<b>Brain Fitness</b> 10:00am–10:45am <i>(2nd floor lobby AK)</i>	<b>Blue Class</b> 10:00am–10:30am	<b>Brain Fitness</b> 10:00am–10:45am <i>(2nd floor lobby AK)</i>	<b>Blue Class</b> 10:00am–10:30am
<b>Yellow</b> Seated class with weights.	<b>Green Class</b> 10:45am–11:15am	<b>Mind/Body Stretch</b> 11:00am–11:30am	<b>Green Class</b> 10:45am–11:15am	<b>Mind/Body Stretch</b> 11:00am–11:30am	<b>Green Class</b> 10:45am–11:15am
<b>Move w/Music</b> Seated class, NO weights.	<b>Green Class</b> 11:30am–12:00pm	<b>Yellow Class</b> 11:45am–12:15pm	<b>Green Class</b> 11:30am–12:00pm	<b>Yellow Class</b> 11:45am–12:15pm	<b>Green Class</b> 11:30am–12:00pm
<b>Zumba</b> Cardo/dance.	<b>Move w/Music</b> 12:15pm–12:45pm	<b>Green Class</b> 1:30pm–2:00pm	<b>Move w/Music</b> 12:15pm–12:45pm	<b>Green Class</b> 1:30pm–2:00pm	<b>Move w/Music</b> 12:15pm–12:45pm
<b>Mind/Body Stretch</b> Chair stretching/relaxation.	<b>Yellow Class</b> 1:30pm–2:00pm	<b>Seated Class on 1960</b> 2:30pm–2:50pm	<b>Yellow Class</b> 1:30pm–2:00pm	<b>Seated Class on 1960</b> 2:30pm–2:50pm	<b>Yellow Class</b> 1:30pm–2:00pm
<b>Brain Fitness</b> Mind and memory building activities.					