



## 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> 9:00am–9:30am	<b>Zumba</b> 9:00am–9:30am	<b>Blue Class</b> 9:00am–9:30am	<b>Zumba</b> 9:00am–9:30am	<b>Blue Class</b> 9:00am–9:30am
<b>Green</b> Active life most of the time.	<b>Blue Class</b> 9:45am–10:15am	<b>Mind/Body Stretch</b> 9:45am–10:15am	<b>Blue Class</b> 9:45am–10:15am	<b>Mind/Body Stretch</b> 9:45am–10:15am	<b>Blue Class</b> 9:45am–10:15am
<b>Yellow</b> Seated class with weights.	<b>Green Class</b> 10:30am–11:00am		<b>Green Class</b> 10:30am–11:00am		<b>Green Class</b> 10:30am–11:00am
<b>Move w/Music</b> Seated class, NO weights.	<b>Green Class</b> 11:15am–11:45pm	<b>Balance</b> 11:15am–11:45pm	<b>Green Class</b> 11:15am–11:45pm	<b>Balance</b> 11:15am–11:45pm	<b>Green Class</b> 11:15am–11:45pm
<b>Zumba</b> Cardo/dance.	<b>Yellow Class</b> 12:00pm–12:30pm	<b>Yellow Class</b> 12:00pm–12:30pm	<b>Yellow Class</b> 12:00pm–12:30pm	<b>Yellow Class</b> 12:00pm–12:30pm	<b>Yellow Class</b> 12:00pm–12:30pm
<b>Mind/Body Stretch</b> Chair stretching/relaxation.		<b>Balance</b> 1:00pm–1:30pm		<b>Balance</b> 1:00pm–1:30pm	
<b>Balance</b> Improving posture and balance for all fitness levels.	<b>Move with Music</b> 1:30pm–2:00pm		<b>Move with Music</b> 1:30pm–2:00pm		<b>Move with Music</b> 1:30pm–2:00pm
		<b>Yellow Class on 1960</b> 2:30pm	<b>Mind/Body on 1960</b> 2:30pm	<b>Yellow Class on 1960</b> 2:30pm	