



Land Exercise Schedule

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



	Time	Monday	Tuesday	Wednesday	Thursday	Friday
Blue Moderate to vigorous activity regularly	9:00am - 9:30am	Blue Class	Zumba	Blue Class	Zumba	Blue Class
	9:45am - 10:15am	Blue Class	Mind/Body	Blue Class	Mind/Body	Blue Class
Green Active life most of the time	10:30am - 11:00am	Green Class		Green Class		Green Class
	11:15am - 11:45am	Green Class	Balance	Green Class	Balance	Green Class
Yellow Seated class with weights	12:00pm - 12:30pm	Yellow Class	Yellow Class	Yellow Class	Yellow Class	Yellow Class
	1:00pm - 1:30pm		Balance with Music		Balance with Music	
Move w/Music Seated class, no weights	1:30pm - 2:00pm	Move with Music		Move with Music		Move with Music
	2:30pm Ch. 1960		TV Yellow Class	TV Mind/Body Stretch	TV Yellow Class	
Zumba Cardio & dance						
Mind/Body Chair Stretching, breathing & relaxation						
Balance Improving posture & balance for all fitness levels						