



Land Exercise Schedule

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



<p>Blue Moderate to vigorous activity regularly</p> <p>Green Active life most of the time</p> <p>Yellow Seated class with weights</p> <p>Core Strength Target & strengthen core/abdominal muscles</p> <p>Circuit Combines strength, balance and cardio (Blue level)</p> <p>Music & Mov't Rhythm based dance class seated (1), moderate (2) or advanced (3)</p> <p>Mind/Body Chair stretching, breathing & relaxation</p> <p>Balance Improving posture & balance for all fitness levels</p>	Time	Monday	Tuesday	Wednesday	Thursday	Friday
	9:00am - 9:30am	Blue Class	Circuit	Blue Class	Music & Movement (3)	Blue Class
	9:45am - 10:15am	Core Strength	Mind/Body		Mind/Body	
	10:45am - 11:15am	Green Class		Green Class		Green Class
	11:15am - 11:45am		Balance		Balance	
	12:00pm - 12:30pm	Yellow Class	Yellow Class	Yellow Class	Yellow Class	Yellow Class
	1:00pm - 1:30pm		Music & Movement (1)		Music & Movement (2)	