



## Blue

Moderate to vigorous activity regularly

## Green

Active life most of the time

## Yellow

Seated class with weights

## Core Strength

Target & strengthen core/abdominal muscles

## Circuit

Combines strength, balance and cardio (Blue level)

## Music & Movt

Rhythm based dance class

## Mind/Body

Chair stretching, breathing & relaxation

## Balance

Improving posture & balance for all fitness levels

# Land Exercise Schedule

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



Time	Monday	Tuesday	Wednesday	Thursday	Friday
9:00am - 9:30am	Blue Class	Circuit	Blue Class	Music & Movement	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					