



# AUGUST FITNESS SCHEDULE



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>27</b> 10:15 Fitness Video PP 6:30 Wii Bowling-PP	<b>28</b> 10:15 Total Body-PP 11:00 Chair Dance-PP 2 Chair Volleyball PP	<b>29</b> 9:40 Sit & Resist-PP 10:15 Posture & Balance-PP 11:00 Wii Golf-PP <b>11:30-11:50 Short Walk</b> <i>Meet @ FD (Weather Permitting)</i>	<b>30</b> 10:15 Chair Yoga- PP <b>11:00 Tai Chi Club-PP</b> 2:00 Chair Volleyball	<b>31</b> 9:40 Meditation & Stretch-PP 10:15 Total Body-PP 11:00 Wii-PP <b>1:30 Balance Basics-Fit Rm (Sign up)</b>	<b>August 1</b> 10:00 Community Garden 2:00 Chair Volleyball-PP	<b>2</b> 10:15 Fitness Video-PP <b>1:00 Healthy Living Support Group -CK1</b>
<b>3</b> 10:15 Fitness Video PP 6:30 Wii Bowling-PP	<b>4</b> 10:15 Fitness Video-PP 11:00 Dance Video-PP 2 Chair Volleyball-PP	<b>5</b> 9:40 Fitness Video-PP 10:15 Fitness Video-PP 11:00 Wii Golf-PP	<b>6</b> 10:15 Chair Yoga VIDEO - PP <b>11:00 Tai Chi Club VIDEO-PP</b> 2:00 Chair Volleyball-PP	<b>7</b> 9:40 Stretching VIDEO-PP 10:15 Fitness VIDEO-PP 11:00 Wii-PP <b>No Balance class today</b>	<b>8</b> 10:00 Community Garden 11:00 River Walk 2:00 Chair Volleyball-PP	<b>9</b> 10:15 Fitness Video-PP
<b>10</b> 10:15 Fitness Video PP 6:30 Wii Bowling-PP	<b>11</b> <b>10:30 TOWN HALL</b> <b>1:00 Healthy Habits-CK1</b> 2 Chair Volleyball-PP	<b>12</b> 9:40 Sit & Resist-PP 10:15 Posture & Balance-PP 11:00 Wii Golf-PP <b>11:30-11:50 Short Walk</b> <i>Meet @ FD (Weather Permitting)</i>	<b>13</b> 10:15 Chair Yoga - PP <b>11:00 Tai Chi Club-PP</b> <i>Employee picnic – No Volleyball today</i>	<b>14</b> 9:40 Meditate & Stretch-PP 10:15 Total Body-PP 11:00 Wii-PP <b>1:30 Balance Basics - Fit Rm(Sign up)</b>	<b>15</b> 10:00 Community Garden 2:00 Chair Volleyball-PP	<b>16</b> 10:15 Fitness Video-PP <b>1:00 Healthy Living Support Group -CK1</b>
<b>17</b> 10:15 Fitness Video PP 6:30 Wii Bowling-PP	<b>18</b> 10:15 Total Body-PP 11:00-Chair Dance-PP 2:00 Chair Volleyball -PP	<b>19</b> 9:40 Sit & Resist-PP 10:15 Fitness Video-PP 11:00 Wii Golf-PP <b>11:30-11:50 Short Walk</b> <i>Meet @ FD (Weather Permitting)</i>	<b>20</b> 10:15 Chair Yoga - PP <b>11:00 Tai Chi Club-PP</b> 2:00 Chair Volleyball-PP	<b>21</b> 9:40 Meditation & Stretch- PP 10:15 Total Body-PP 11:00 Wii-PP <b>1:30 Balance Basics-Fit Rm (Sign up)</b>	<b>22</b> 10:00 Community Garden 11:00 River Walk 2:00 Chair Volleyball-PP	<b>23</b> 10:15 Fitness Video-PP

<b>24</b> 10:15 Fitness Video PP  6:30 Wii Bowling-PP	<b>25</b> <b>10:15 Total Body-PP</b> 11:00 Chair Dance-PP  1:00 Healthy Habits-CK1  2 Chair Volleyball PP	<b>26</b> 9:40 Sit & Resist-PP 10:15 Posture & Balance-PP 11:00 Wii Golf-PP <b>11:30-11:50 Short Walk</b> <i>Meet @ FD (Weather Permitting)</i>	<b>27</b> 10:15 Chair Yoga - PP 11:00 Tai Chi Club-PP  2:00 Chair Volleyball-PP	<b>28</b> 9:40 Meditation & Stretch-PP 10:15 Total Body-PP 11:00 Wii-PP <b>1:30 Balance Basics - Fit Rm</b> (Sign up)	<b>29</b>  10:00 Community Garden  2:00 Chair Volleyball-PP	<b>30</b> 10:15 Fitness Video-PP 1:00 Healthy Living Support Group -CK1
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## **Total Body - PP**

This class is designed to engage all parts of the body for all fitness levels. A fully seated workout that can be done with or without added weight to fit the individual's fitness need and all movements can be modified to accommodate all abilities.

## **Sit & Resist - PP**

With a light weight resistance band or your own body resistance, join us for slow and controlled movements to stimulate the muscles & gain strength while seated the entire class.

## **Chair Dancing- PP**

Let the music move you as we sit together in this class, pairing movement to the beat! You don't need to have any dance skills. This class will increase your heart rate and make you smile and laugh. Welcoming all abilities, modifiable moves to keep everyone involved.

## **Posture & Balance – PP**

Starting off with valuable posture fixing stretches followed with supported seated and standing exercises to practice balance and coordination. This is an all levels, all abilities class.

## **Stretching & Meditation- PP**

Improve your flexibility for all your favorite activities! Carefully targeted stretches for all levels. Deep Breathing to improve brain & muscle health, along with a short meditation practice. This class is a helpful Stress Buster!

## **Healthy Habits-CK1**

Join Antigone and others in conversations around how to create healthy choices, sample exercises and discuss desired future classes.

## **Balance Basics-Fitness Room**

Improve your balance and posture and get some personal attention for your goals. This easy class is made to gradually improve your balance.

## **Intro To Fitness Room-Fit Rm**

Drop in at a variety of times during the month to learn the equipment.

## Tai Chi Club-PP

Join our little group as we enjoy learning & practicing Tai Chi together

### Fresh Air Short Walks - *Meet at the Front desk*

Join us as we take a short walk around the building to see the flowers blooming or down the street to a nearby park. All walks will be less than ½ hour long at a leisurely pace.

***All classes are welcoming to all levels of fitness and abilities,  
all movements can be modified to fit you as an individual***