

Exercise Class Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday
8:00-9:00am		Therapeutic Pilates		Therapeutic Pilates	
8:00-9:00 am		Yoga		Yoga	
10:00-10:40am	Senior Fitness		Senior Fitness		Senior Fitness
11-11:45 am	Senior Fitness	Chair Yoga	Senior Fitness	Chair Yoga	Senior Fitness
11:00- 12:00pm	Cardiac Conditioning **		Cardiac Conditioning **		
12:15-1:00 pm	Mat Pilates		Mat Pilates		Mat Pilates
2:00-3:00pm		Therapeutic Pilates		Therapeutic Pilates	

Class Descriptions:

Senior Fitness: A well-rounded class focusing on cardiorespiratory endurance, balance, strength, and flexibility. These classes keep our participants independently functioning and are helpful in preventing disease and falls.

Cardiac Conditioning: A monitored exercise class to ensure that cardiac patients safely and gradually increase their activity and exercise levels. Benefits include improved physical fitness and energy, increased heart strength, weight loss, reduced blood pressure, better quality of life and more

Therapeutic/Mat Pilates: A monthly program designed for the special needs of low back patients/clients who are interested in a safe and effective way to eliminate or reduce their low back pain while gaining the benefit of core strength, flexibility, and balance.

Yoga/Chair Yoga: The purpose of yoga is to build strength, awareness, and harmony in the mind and body while also improving balance and flexibility.