

# EXERCISE SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						PLEASE SEE BACK FOR CLASS DESCRIPTIONS.
<b>SENIOR CIRCLE</b> Chair Yoga 9:30am-10:30am Gym/Connie	<b>SENIOR CIRCLE</b> Stretch & Tone 10:30am-11:30am Gym/Sharon					
<b>HATHA YOGA</b> 10:35– 12:00p.m. Aerobics Room/ Jackie		<b>HATHA YOGA</b> 10:35am – 12:00p.m Aerobics Room/ Jackie				
<b>Tai Chi</b> 12:15-1:15 p.m. Louis/ Aerobics Room	<b>BEGINNER LINE DANCE</b> 12:15 -1:45 p.m. Mary W	<b>SENIOR CIRCLE</b> Muscular Strength 1:00–2:00 p.m. Aerobics Room/ Cindy	<b>LINE DANCE</b> 12:15pm -1:45 Joan			
<b>SilverSneakers</b> Muscular Strength 2:00– 3:00 p.m. Aerobics Room/Mary	<b>SilverSneakers</b> Cardio Circuit 2:00– 3:00 p.m. Aerobics Room/ Nancy	<b>SilverSneakers</b> Muscular Strength 2:00– 3:00 p.m. Aerobics Room/ Nancy	<b>SilverSneakers</b> Yoga Stretch 2:00– 3:00 p.m. Aerobics Room/ Laura	<b>SilverSneakers</b> Muscular Strength 2:00– 3:00 p.m. Aerobics Room/ Mary		
<b>SENIOR CIRCLE</b> Muscular Strength 3:00–4:00 p.m. Aerobics Room/ Cindy						<b>HATHA YOGA</b> 3:00– 4:30 p.m. Room #100 / Connie
						PLEASE SEE BACK FOR CLASS DESCRIPTIONS.

We hope you enjoy the variety of exercise classes on this calendar – all are available to you as a Senior Circle member! Participating could not be easier ... simply show your Senior Circle card and sign-in using the binder at the front desk before attending class. The first class you attend you will be required to sign a form. There is no charge for these classes as a Senior Circle member.

Please know that you are welcome to attend a class and observe to see if you feel it is appropriate for you.

### CLASS DESCRIPTIONS

**Hatha Yoga\***: A class designed to align the body and mind, using correct posture and controlled breathing to increase muscle tone and flexibility. exercise on a mat.

**Muscular Strength & Range of Movement (Beginner Class)** Designed to increase strength, range of movement, agility, balance and coordination, and to improve participant's functional capacities, physical fitness level, and sense of well-being.

**Cardio Circuit** is a class designed to increase cardiovascular and muscular endurance capacity as well as agility, balance and coordination.

**Yoga Stretch** is a universal class designed to specifically target balance, range of movement, muscular endurance, restorative breathing and mind-body integration improvement. Exercise in a chair

**Chair Yoga** increases strength and flexibility, improved circulation, breathing and relaxation techniques all from your chair.

**Line Dancing** is a dance in which individuals line up without partners and follow a choreographed pattern of steps to country music, all for the sake of fun!

*\* Hatha Yoga & Yoga- Please be aware these are floor classes. We're sorry, but there will not be anyone available to assist with the getting up & getting down process.*

**Directions to the Twin Lakes YMCA: 204 E. Little Elm Trail, Cedar Park, TX - From the intersection of 1431 and 183, go south on N Bell (183) 2.2 miles and turn left on E Little Elm. You will see the YMCA on the right. If you need directions, call: 512-250-9622**