

MONDAY 4	TUESDAY 5	WEDNESDAY 6	THURSDAY 7
<b>9:00 Dance Fitness/Anita</b>  <b>10:00 Senior Stretch, Strength &amp; Balance</b>  <b>Boot Scootin' Seniors Line Dance Classes</b> <b>1:30 Ultra Beginner</b> <b>2:00 Beginner</b> <b>2:40 Higher Level</b>	<b>9:00 Dance Fitness/Anita</b>  <b>9:00 Feeling Fit Level 3</b>  <b>10:00 Chair Yogalates w/ Nan</b>  <b>1:00 Beg. Belly Dancing</b>	<b>9:00 Dance Fitness/Anita</b>  <b>10:30 Beginning Tai Chi w/ Marty</b>  <b>Boot Scootin' Seniors Line Dance Classes</b> <b>1:30 Ultra Beginner</b> <b>2:00 Beginner</b> <b>2:40 Higher Level</b>	<b>9:00 Yogalates w/ Nan</b>  <b>10:00 Senior Stretch, Strength &amp; Balance</b>  <b>10:00 Chair Yogalates</b>
11	12	13	14
<b>9:00 Dance Fitness/Anita</b>  <b>10:00 Senior Stretch, Strength &amp; Balance</b>  <b>Boot Scootin' Seniors Line Dance Classes</b> <b>1:30 Ultra Beginner</b> <b>2:00 Beginner</b> <b>2:40 Higher Level</b>	<b>9:00 Dance Fitness/Anita</b>  <b>9:00 Feeling Fit Level 3</b>  <b>10:00 Chair Yogalates w/ Nan</b> <b>11:30ISH</b> <b>Boot Scootin' Seniors Dance Perf. @PSC</b>  <b>1:00 Beg. Belly Dancing</b>	<b>9:00 Dance Fitness/Anita</b>  <b>10:30 Beginning Tai Chi w/ Marty</b>  <b>Boot Scootin' Seniors Line Dance Classes</b> <b>1:30 Ultra Beginner</b> <b>2:00 Beginner/Rehearsal</b> <b>3:30 Dance Performance Majestic Rim</b>	<b>9:00 Yogalates w/ Nan</b>  <b>10:00 Senior Stretch, Strength &amp; Balance</b> <b>10:00 Chair Yogalates</b>  <b>1:00 Site Council Guidelines &amp; Bylaw Discussion</b> <b>Fri 3/15 @ 10:30</b> <b>Dance Perf Avista</b>
18	19	20	21
<b>9:00 Dance Fitness/Anita</b> <b>10:00 Senior Stretch, Strength &amp; Balance</b>  <b>Boot Scootin' Seniors Line Dance Classes</b> <b>1:30 Ultra Beginner</b> <b>2:00 Beginner</b> <b>2:40 Higher Level</b>	<b>DANCE FITNESS CANCELED</b>  <b>9:00 Feeling Fit Level 3</b>  <b>10:00 Chair Yogalates w/ Nan</b>  <b>1:00 Beg. Belly Dancing</b>	<b>9:00 Dance Fitness/Anita</b>  <b>10:30 Beginning Tai Chi w/ Marty</b>  <b>Boot Scootin' Seniors Line Dance Classes</b> <b>1:30 Ultra Beginner</b> <b>2:00 Beginner</b> <b>2:40 Higher Level</b>	<b>9:00 Yogalates w/ Nan</b>  <b>10:00 Senior Stretch, Strength &amp; Balance</b>  <b>10:00 Chair Yogalates</b>  <b>1:30 New Member Welcome</b>
25	26	27	28
<b>9:00 Dance Fitness/Anita</b> <b>10:00 Senior Stretch, Strength &amp; Balance</b>  <b>Boot Scootin' Seniors Line Dance Classes</b> <b>1:30 Ultra Beginner</b> <b>2:00 Beginner</b> <b>2:40 Higher Level</b>	<b>9:00 Dance Fitness/Anita</b>  <b>9:00 Feeling Fit Level 3</b>  <b>10:00 Chair Yogalates w/ Nan</b>  <b>1:00 Beg. Belly Dancing</b>	<b>9:00 Dance Fitness/Anita</b> <b>10:30 Beginning Tai Chi w/ Marty</b>  <b>Boot Scootin' Seniors Line Dance Classes</b> <b>1:30 Ultra Beginner</b> <b>2:00 Beginner</b> <b>2:40 Higher Level</b>	<b>9:00 Yogalates w/ Nan</b>  <b>10:00 Senior Stretch, Strength &amp; Balance</b>  <b>10:00 Chair Yogalates</b>  



**(FREE) STRETCH, STRENGTH & BALANCE: Mondays @ 10:00 w/ JAIME; Thursdays @ 10:00 w/ Karen (LEVEL 1-3)**

Students are guided through a series of movements to get in tune with their body and mind, as our needs change week to week. We use chairs for seated work, and the chairs becomes our security or home base as we stand and experiment with balancing techniques. We work with hand weights for strength and stretch bands for flexibility and mobility. Stretch and Strengthen is designed for students of all ages, levels and abilities. Modifications are included for more or less challenge depending on the needs of the student.



**(FREE) BOOT SCOOTIN' SENIORS-LINE DANCE CLASS: Mondays & Wednesdays @1:30**

This line dance class is taught every Monday and Wednesday in three parts. An **ULTRA BEGINNER CLASS** is being offered at **1:30** for those with little to no line dance experience. It focuses on fundamental skills used in beginner level dances at a slower pace. **THE BEGINNER CLASS** from **2:00-2:35**, is for seniors relatively new to line dancing. It continues to build on the skills learned in previous class. The **HIGHER-LEVEL LINE DANCE SESSION** from **2:45-3:30**, teaches beginner to intermediate level dances, using the same basic steps, but at a slightly faster pace.



**All dance classes often combine to practice and perform dances in and around the community.**

**(FREE) WALKING CLUB-GREEN VALLEY PARK: Tuesdays @ 8:30**

**Walking has so many benefits** for older people. Walking can: Strengthen your muscles. Help keep your weight steady. Lower your risk of **heart disease**, **stroke**, **colon cancer** and **diabetes**. Strengthen your bones, and prevent **osteoporosis** and **osteoarthritis**. Help reduce blood pressure in some people with hypertension. Improve your balance and coordination, and **decrease your likelihood of falling**. Keep your joints flexible. Help you feel better all round. Improve your energy levels and increase your stamina. **Reduce anxiety or depression.**



**(FREE) FEELING FIT: Tuesdays @ 9:00 (LEVEL 2)**



This class is a video exercise class that is facilitated by Karen. It begins with warm-up exercises. Then there are exercises for balance using weights and bands. The class session ends with a cool-down sequence of exercises.

**(FREE) BEGINNING BELLY DANCE: Tuesdays @ 1:00 (LEVEL 1)**

Movement & Rhythm with drums-Basic Belly Dancing

**(FREE) NEW-CHAIR YOGALATES: Wednesdays @ 10:00 (Level 1-Beginner)**



This is a beginner program with modifications and the use of a chair. Students are guided through a combination of Yoga and Pilates seated postures. The intent of this class is to promote the freedom of ability through flexibility and strengthening postures; to reduce stress and anxiety through breathing and mediation techniques and practices; to instill the power of commitment, consistency and self-respect to render a life worth living. Experience a sense of **wellbeing**, **fun** and **laughter** in the process.

**(FREE) YOGALATES: Thursdays @ 9:00 (LEVEL 3-Intermediate)**



This is an intermediate program with modifications and a chair when needed. Students are guided through a combination of Yoga and Pilates postures. The intent of this class is to promote the freedom of ability through flexibility and strengthening postures; to reduce stress and anxiety through breathing and mediation techniques and practices; to instill the power of commitment, consistency and self-respect to render a life worth living. Experience a sense of **wellbeing**, **fun** and **laughter** in the process.

**(\$3) ZUMBA w/ BERNIE: Mondays, Tuesdays, & Wednesdays @ 9:00 (LEVEL 3)**



Zumba is an interval workout. The classes move between high- and low-intensity dance moves designed to get your heart rate up & boost cardio endurance. **It is a FULL BODY WORKOUT & ADAPTABLE TO ANY LEVEL.**

**(FREE) NEW-TAI CHI: Wednesdays @ 10:30 (Level 1-Beginner)**



Non-Aerobic; Slow-Gentle Movements; Benefits: Improve Balance & Flexibility, Memory & Serenity; Wear Loose & Comfortable Clothing