

SNR Express Group Exercise Calendar – January 2018

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-----------|--|--|---|---|--|-----------|
| | 1 10:00AM – Pilates w/Tamara 4:30PM- Tone & Sculpt w/Brit 5:30PM – Zumba w/Denise | 2 10:00AM – Senior Fitness w/Tamara | 3 10:00AM – Pilates w/Tamara 5:45PM – Cardio Mix w/Brit | 4 10:00AM – Senior Fitness w/Tamara 6:30PM- Aiki-Jitsu/Do w/Tim | 5 10:00AM – Senior Fitness w/Tamara | 6 |
| 7 | 8 10:00AM – Pilates w/Tamara 4:30PM- Tone & Sculpt w/Brit 5:30PM – Zumba w/Denise | 9 10:00AM – Senior Fitness w/Tamara | 10 10:00AM – Pilates w/Tamara 5:45PM – Cardio Mix w/Brit | 11 10:00AM – Senior Fitness w/Tamara 6:30PM- Aiki-Jitsu/Do w/Tim | 12 10:00AM – Senior Fitness w/Tamara | 13 |
| 14 | 15 10:00AM – Pilates w/Tamara 4:30PM- Tone & Sculpt w/Brit 5:30PM – Zumba w/Denise | 16 10:00AM – Senior Fitness w/Tamara | 17 10:00AM – Pilates w/Tamara 5:45PM – Cardio Mix w/Brit | 18 No morning class 6:30PM- Aiki-Jitsu/Do w/Tim | 19 10:00AM – Senior Fitness w/Tamara | 20 |
| 21 | 22 10:00AM – Pilates w/Tamara 4:30PM- Tone & Sculpt w/Brit 5:30PM – Zumba w/Denise | 23 10:00AM – Senior Fitness w/Tamara | 24 10:00AM – Pilates w/Tamara 5:45PM – Cardio Mix w/Brit | 25 10:00AM – Senior Fitness w/Tamara 6:30PM- Aiki-Jitsu/Do w/Tim | 26 10:00AM – Senior Fitness w/Tamara | 27 |
| 28 | 29 10:00AM – Pilates w/Tamara 4:30PM- Tone & Sculpt w/Brit 5:30PM – Zumba w/Denise | 30 10:00AM – Senior Fitness w/Tamara | 31 10:00AM – Pilates w/Tamara 5:45PM – Cardio Mix w/Brit | | | |

Aiki-Jitsu/Do-is a martial art form that includes the throwing art of Aikido along with other techniques like grappling, throwing and striking.

Cardio Mix – Blast your cardio fitness level through the roof with the best of any type of cardio training the instructor feels like throwing at you! You will challenge your aerobic and anaerobic threshold every time so come prepared to get your cardio on!

Pilates - Classes involve a series of classical Pilates exercises performed on a mat without equipment. Each exercise emphasizes breath, core conditioning, and body awareness. ... Whether you're a beginner or expert practitioner, this mat workout will strengthen the core, tone the hips and thighs, and flatten the abs.

Senior Fitness – Classes are designed to increase flexibility, joint stability, balance, coordination, agility, muscular strength and cardiovascular endurance. The workout combines aerobic, flexibility and resistance (strength) training with plenty of friendly fun.

Tone & Sculpt – A muscular-conditioning workout that uses free-weights and other fitness equipment. Instructors lead you through exercises to improve your muscle strength and fitness level. Experience it once and you'll be hooked.

Pilates - Classes involve a series of classical Pilates exercises performed on a mat without equipment. Each exercise emphasizes breath, core conditioning, and body awareness. ... Whether you're a beginner or expert practitioner, this mat workout will strengthen the core, tone the hips and thighs, and flatten the abs.

Zumba- is a fusion of Latin and International music / dance themes that create a dynamic and exciting environment. The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body.