

SNR Express Group Exercise Calendar –March 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 10:00AM – Senior Fitness w/Tamara 6:30PM- Aiki-Jitsu/Do w/Tim	2 10:00AM – Senior Fitness w/Tamara	3
4	5 8:45AM – Zumba w/Antonia 5:30PM – Zumba w/Denise	6 10:00AM – Senior Fitness w/Tamara	7 8:45AM – Zumba w/Antonia	8 10:00AM – Senior Fitness w/Tamara 6:30PM- Aiki-Jitsu/Do w/Tim	9 10:00AM – Senior Fitness w/Tamara	10
11	12 8:45AM – Zumba w/Antonia 5:30PM – Zumba w/Denise	13 10:00AM – Senior Fitness w/Tamara	14 8:45AM – Zumba w/Antonia	15 10:00AM – Senior Fitness w/Tamara 6:30PM- Aiki-Jitsu/Do w/Tim	16 10:00AM – Senior Fitness w/Tamara	17
18	19 8:45AM – Zumba w/Antonia 5:30PM – Zumba w/Denise	20 10:00AM – Senior Fitness w/Tamara	21 8:45AM – Zumba w/Antonia	22 10:00AM – Senior Fitness w/Tamara 6:30PM- Aiki-Jitsu/Do w/Tim	23 10:00AM – Senior Fitness w/Tamara	24
25	26 8:45AM – Zumba w/Antonia 5:30PM – Zumba w/Denise	27 10:00AM – Senior Fitness w/Tamara	28 8:45AM – Zumba w/Antonia			

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

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.

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.