

# SNR Express Group Exercise Calendar - April 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	<b>2</b> 8:45AM - Zumba w/Antonia  5:30PM - Zumba w/Denise	<b>3</b> 10:00AM - Senior Fitness w/Tamara	<b>4</b> 8:45AM - Zumba w/Antonia	<b>5</b> 10:00AM - Senior Fitness w/Tamara  6:30PM- Aiki-Jitsu/Do w/Tim	<b>6</b> 10:00AM - Senior Fitness w/Tamara	7
8	<b>9</b> 8:45AM - Zumba w/Antonia  5:30PM - Zumba w/Denise	<b>10</b> 10:00AM - Senior Fitness w/Tamara	<b>11</b> 8:45AM - Zumba w/Antonia	<b>12</b> NO MORNING CLASS  6:30PM- Aiki-Jitsu/Do w/Tim	<b>13</b> 10:00AM - Senior Fitness w/Tamara	14
15	<b>16</b> 8:45AM - Zumba w/Antonia  5:30PM - Zumba w/Denise	<b>17</b> 10:00AM - Senior Fitness w/Tamara	<b>18</b> 8:45AM - Zumba w/Antonia	<b>19</b> 10:00AM - Senior Fitness w/Tamara  6:30PM- Aiki-Jitsu/Do w/Tim	<b>20</b> 10:00AM - Senior Fitness w/Tamara	21
22	<b>23</b> 8:45AM - Zumba w/Antonia  5:30PM - Zumba w/Denise	<b>24</b> 10:00AM - Senior Fitness w/Tamara	<b>25</b> 8:45AM - Zumba w/Antonia	<b>26</b> 10:00AM - Senior Fitness w/Tamara  6:30PM- Aiki-Jitsu/Do w/Tim	<b>27</b> 10:00AM - Senior Fitness w/Tamara	28
29	<b>30</b> 8:45AM - Zumba w/Antonia  5:30PM - Zumba w/Denise					

**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.