

# SNR Express Group Exercise Calendar – June 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 No morning class  6:00PM – Zumba w/Antonia	2 9:00AM – Zumba w/Antonia
3	4  5:30PM – Zumba w/Denise 7:00PM- My Sisters Keeper	5 10:00AM – Senior Fitness w/Tamara  7:00PM – Strong Zumba w/Antonia	6 8:00AM – Zumba w/Antonia	7 10:00AM – Senior Fitness w/Tamara  6:30PM- Aiki- Jitsu/Do w/Tim	8 10:00AM – Senior Fitness w/Tamara  6:00PM – Zumba w/Antonia	9 9:00AM – Zumba w/Antonia
10	11  5:30PM – Zumba w/Denise 7:00PM- My Sisters Keeper	12 10:00AM – Senior Fitness w/Tamara  7:00PM – Strong Zumba w/Antonia	13 8:00AM – Zumba w/Antonia	14 10:00AM – Senior Fitness w/Tamara  6:30PM- Aiki- Jitsu/Do w/Tim	15 10:00AM – Senior Fitness w/Tamara  6:00PM – Zumba w/Antonia	16 9:00AM – Zumba w/Antonia
17	18  5:30PM – Zumba w/Denise 7:00PM- My Sisters Keeper	19 10:00AM – Senior Fitness w/Tamara  7:00PM – Strong Zumba w/Antonia	20 8:00AM – Zumba w/Antonia	21 10:00AM – Senior Fitness w/Tamara  6:30PM- Aiki- Jitsu/Do w/Tim	22 10:00AM – Senior Fitness w/Tamara  6:00PM – Zumba w/Antonia	23 9:00AM – Zumba w/Antonia
24	25  5:30PM – Zumba w/Denise	26 10:00AM – Senior Fitness w/Tamara  7:00PM – Strong Zumba w/Antonia	27 8:00AM – Zumba w/Antonia	28 No morning class  6:30PM- Aiki- Jitsu/Do w/Tim	29 10:00AM – Senior Fitness w/Tamara  6:00PM – Zumba w/Antonia	30 9:00AM – 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.

**Strong Zumba**-is a high intensity interval class – think burpees, pushups, and other high-impact moves – that’s synced to specific music.

**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.