

SNR Express Group Exercise Calendar – July 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 8:30AM – Zumba w/Antonia 5:30PM – Zumba w/Denise	3 10:00AM – Senior Fitness w/Tamara 7:00PM – Strong Zumba w/Antonia	4	5 10:00AM – Senior Fitness w/Tamara 6:30PM- Aiki- Jitsu/Do w/Tim	6 10:00AM – Senior Fitness w/Tamara 6:00PM – Zumba w/Antonia	7 9:00AM – Zumba w/Antonia
8	9 8:30AM – Zumba w/Antonia 5:30PM – Zumba w/Denise	10 10:00AM – Senior Fitness w/Tamara 7:00PM – Strong Zumba w/Antonia	11	12 10:00AM – Senior Fitness w/Tamara 6:30PM- Aiki- Jitsu/Do w/Tim	13 10:00AM – Senior Fitness w/Tamara 6:00PM – Zumba w/Antonia	14 9:00AM – Zumba w/Antonia
15	16 8:30AM – Zumba w/Antonia 5:30PM – Zumba w/Denise	17 10:00AM – Senior Fitness w/Tamara 7:00PM – Strong Zumba w/Antonia	18	19 10:00AM – Senior Fitness w/Tamara 6:30PM- Aiki- Jitsu/Do w/Tim	20 10:00AM – Senior Fitness w/Tamara 6:00PM – Zumba w/Antonia	21 9:00AM – Zumba w/Antonia
22	23 8:30AM – Zumba w/Antonia 5:30PM – Zumba w/Denise	24 10:00AM – Senior Fitness w/Tamara 7:00PM – Strong Zumba w/Antonia	25	26 10:00AM – Senior Fitness w/Tamara 6:30PM- Aiki- Jitsu/Do w/Tim	27 10:00AM – Senior Fitness w/Tamara 6:00PM – Zumba w/Antonia	28 9:00AM – Zumba w/Antonia
29	30 8:30AM – Zumba w/Antonia 5:30PM – Zumba w/Denise	31 10:00AM – Senior Fitness w/TBD 7:00PM – Strong 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.