

# SNR Express Group Exercise Calendar – March 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					<b>1</b> 9:00 AM – Group workout w/Sue 10:00AM – Senior Fitness w/Tamara 6:00PM – Strong Zumba w/Antonia	<b>2</b> 9:00AM – Strong Zumba w/Antonia  10:30AM – Yoga w/Amber
<b>3</b>	<b>4</b> 9:00 AM – Group workout w/Sue 6:00PM – Mixed Fit w/Schricka 7:00 PM – Strong Zumba w/Antonia	<b>5</b> 9:00 AM – Group workout w/Sue NO SENIOR CLASS 7:00PM – Strong Zumba w/Antonia	<b>6</b> 9:00 AM – Group workout w/Sue 6:00PM – Mixed Fit w/Schricka 7:00PM – Strong Zumba w/Antonia	<b>7</b> 9:00 AM – Group workout w/Sue 10:00AM – Senior Fitness w/Tamara 6:30PM- Aiki-Jitsu/Do w/Tim	<b>8</b> 9:00 AM – Group workout w/Sue 10:00AM – Senior Fitness w/Tamara 6:00PM – Strong Zumba w/Antonia	<b>9</b> 9:00AM –Strong Zumba w/Antonia  10:30AM – Yoga w/Amber
<b>10</b>	<b>11</b> 9:00 AM – Group workout w/Sue 6:00PM – Mixed Fit w/Schricka 7:00 PM – Strong Zumba w/Antonia	<b>12</b> 9:00 AM – Group workout w/Sue 10:00AM – Senior Fitness w/Tamara 7:00PM – Strong Zumba w/Antonia	<b>13</b> 9:00 AM – Group workout w/Sue 6:00PM – Mixed Fit w/Schricka 7:00PM- Strong Zumba w/Antonia	<b>14</b> 9:00 AM – Group workout w/Sue 10:00AM – Senior Fitness w/Tamara 6:30PM- Aiki-Jitsu/Do w/Tim	<b>15</b> 9:00 AM – Group workout w/Sue 10:00AM – Senior Fitness w/Tamara 6:00PM – Strong Zumba w/Antonia	<b>16</b> 9:00AM – Strong Zumba w/Antonia  10:30AM – Yoga w/Amber
<b>17</b>	<b>18</b> 9:00 AM – Group workout w/Sue 6:00PM – Mixed Fit w/Schricka 7:00 PM – Strong Zumba w/Antonia	<b>19</b> 9:00 AM – Group workout w/Sue 10:00AM – Senior Fitness w/Tamara 7:00PM – Strong Zumba w/Antonia	<b>20</b> 9:00 AM – Group workout w/Sue 6:00PM – Mixed Fit w/Schricka 7:00PM- Strong Zumba w/Antonia	<b>21</b> 9:00 AM – Group workout w/Sue 10:00AM – Senior Fitness w/Tamara 6:30PM- Aiki-Jitsu/Do w/Tim	<b>22</b> 9:00 AM – Group workout w/Sue 10:00AM – Senior Fitness w/Tamara 6:00PM – Strong Zumba w/Antonia	<b>23</b> 9:00AM – Strong Zumba w/Antonia  10:30AM – Yoga w/Amber
<b>24/31</b>	<b>25</b> 9:00 AM – Group workout w/Sue 6:00PM – Mixed Fit w/Schricka 7:00 PM – Strong Zumba w/Antonia	<b>26</b> 9:00 AM – Group workout w/Sue 10:00AM – Senior Fitness w/Tamara 7:00PM – Strong Zumba w/Antonia	<b>27</b> 9:00 AM – Group workout w/Sue 6:00PM – Mixed Fit w/Schricka 7:00PM- Strong Zumba w/Antonia	<b>28</b> 9:00 AM – Group workout w/Sue 10:00AM – Senior Fitness w/Tamara 6:30PM- Aiki-Jitsu/Do w/Tim	<b>29</b> 9:00 AM – Group workout w/Sue 10:00AM – Senior Fitness w/Tamara 6:00PM – Strong Zumba w/Antonia	<b>30</b> 9:00AM – Strong Zumba w/Antonia  10:30AM – Yoga w/Amber

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

**Mixed Fit** – is a dance fitness program that is a mix of boot camp, toning and explosive movements. Snapbacks, booty pops, body rolls and diagonal pumps are put together in a fitness dance format.

**Senior Fitness** – is 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 is synced to specific music.

**Yoga** – is a class where postures are practiced to align, strengthen and promote flexibility in the body.

**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.