

SNR Express Group Exercise Calendar – September 2019

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

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.