

SNR Express Group Exercise Calendar – February 2021

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