

SNR Express Group Exercise Calendar – November 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 9:00AM – Group workout w/Sue 10:00AM – Senior Fitness w/Wanda 6:00PM- Zumba w/Antonia	2 9:00AM – Group workout w/Sue 10:00AM – Senior Fitness w/Wanda 5:15PM- Cardio Sculpt w/Lindsey	3 9:00AM – Group workout w/Sue 10:00AM – Senior Fitness w/Wanda	4 9:00AM – Group workout w/Sue 10:00AM – Senior Fitness w/Lindsey 6:00PM – Strong Zumba w/Antonia	5 9:00AM – Group workout w/Pia	6 9:30AM – Strong Zumba w/Antonia 10:30 – Yoga w/Amber 3:00PM-Aiki-Jitsu/Do w/Tim
7	8 9:00AM – Group workout w/Sue 10:00AM – Senior Fitness w/Wanda 6:00PM- Zumba w/Antonia	9 9:00AM – Group workout w/Sue 10:00AM – Senior Fitness w/Tamara 5:15PM- Cardio Sculpt w/Lindsey	10 9:00AM – Group workout w/Sue 10:00AM – Senior Fitness w/Wanda	11 9:00AM – Group workout w/Sue 10:00AM – Senior Fitness w/Tamara 6:00PM – Strong Zumba w/Antonia	12 9:00AM – Group workout w/Sue	13 9:30AM – Strong Zumba w/Antonia 3:00PM-Aiki-Jitsu/Do w/Tim
14	15 9:00AM – Group workout w/Pia 10:00AM – Senior Fitness w/Wanda 6:00PM- Zumba w/Antonia	16 9:00AM – Group workout w/Pia 10:00AM – Senior Fitness w/Tamara 5:15PM- Cardio Sculpt w/Lindsey	17 9:00AM – Group workout w/Pia 10:00AM – Senior Fitness w/Wanda	18 9:00AM – Group workout w/Pia 10:00AM – Senior Fitness w/Tamara 6:00PM – Strong Zumba w/Antonia	19 9:00AM – Group workout w/Pia	20 9:30AM – Strong Zumba w/Antonia 3:00PM-Aiki-Jitsu/Do w/Tim
21	22 9:00AM – Group workout w/Sue 10:00AM – Senior Fitness w/Wanda 6:00PM- Zumba w/Antonia	23 9:00AM – Group workout w/Sue 10:00AM – Senior Fitness w/Tamara 5:15PM- Cardio Sculpt w/Lindsey	24 9:00AM – Group workout w/Sue 10:00AM – Senior Fitness w/Wanda	25 NO CLASSES – HAPPY THANKSGIVING	26 9:00AM – Group workout w/Sue	27 9:30AM – Strong Zumba w/Antonia 3:00PM-Aiki-Jitsu/Do w/Tim
28	29 9:00AM – Group workout w/Sue 10:00AM – Senior Fitness w/Wanda 6:00PM- Zumba w/Antonia	30 9:00AM – Group workout w/Sue 10:00AM – Senior Fitness w/Tamara 5:15PM- Cardio Sculpt w/Lindsey				

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

Cardio Sculpt – total body workout with tools and music

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.