<table>
<thead>
<tr>
<th>Monday</th>
<th>Wednesday</th>
<th>Thursday</th>
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<tbody>
<tr>
<td>9:30 Level Three Fitness</td>
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<td>9:30 Level Three Fitness</td>
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<td>10:30 Level Two Fitness</td>
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<tr>
<td>11:30 Level One Fitness</td>
<td>11:30 Level One Fitness</td>
<td>11:30 Level One Fitness</td>
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All classes are ½ hour in duration for the month of April. There are a limit of 16 per class! You may only attend ONE class per Day!

Levels:

1- Beginner: 11:30AM- NOON

Chair class with standing and balance exercises. Examples would include **Arthritis class**.

2 – Intermediate: 10:30AM- 11:00 AM

Class will be mixed with standing and sitting exercises. Examples would include **Healthy Steps in Motion** and **Silver Sneakers Classic**.

3 – Advanced: 9:30AM – 10:00AM

Classes will be **ALL STANDING**. Examples include **Silver Sneakers Circuit**, **Hi/Low Cardio**.

**Class Descriptions:**

**Arthritis Class**: Chair class concentrating on individual muscle groups with use of hand weights and Balance exercises. Level One

**Stretching**: Relaxing series of stretches to help you become flexible and strong. Level One.

**Silver Sneakers Classic**: Warm-up, combination of resistance bands and weights, balance exercises and cool down. Level Two.

**Cardio/ Core**: Hi/Lo Aerobics, cool down followed with core stability exercises. Level Two/Three.

**Total Body Workout: All standing**: Warm- up, aerobic movements combined with the use of resistance bands and weights, balance exercises. Level Three.

**Circuit Class: All standing**: Stations will be set up utilizing hand weights, resistance bands, light plyometrics and core training. Level Three.