


Phone  
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## GROUP EXERCISE CLASS CALENDAR- FEBRUARY 2016

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> 8:00 am Circuit Breaker™ 10:30 am No Fall VolleyBall™ 12:00 pm Stretch & Flex 5:00 pm Set the Tone™ 5:30 pm No Fall VolleyBall™	<b>2</b> 10:00 am Nifty Moves™ 12:00 pm Core Concepts™ 1:30 pm No Fall VolleyBall™ 5:30 pm Yoga	<b>3</b> 8:00 am Circuit Breaker™ 10:30 am No Fall VolleyBall™ 12:00 pm Stretch & Flex 5:00 pm Set the Tone™ 5:30 pm No Fall VolleyBall™	<b>4</b> 10:00 am Nifty Moves™ 12:00 pm Silver Salsa® 1:30 pm No Fall VolleyBall™ 5:30 pm Yoga	<b>5</b> 10:00 am Stretch & Flex 5:00 pm Set the Tone™ 5:30 pm No Fall VolleyBall™
<b>8</b> 8:00 am Circuit Breaker™ 10:30 am No Fall VolleyBall™ 12:00 pm Stretch & Flex 5:00 pm Set the Tone™ 5:30 pm No Fall VolleyBall™	<b>9</b> 10:00 am Nifty Moves™ 12:00 pm Core Concepts™ 1:30 pm No Fall VolleyBall™ 5:30 pm Yoga	<b>10</b> 8:00 am Circuit Breaker™ 10:30 am No Fall VolleyBall™ 12:00 pm Stretch & Flex 5:00 pm Set the Tone™ 5:30 pm No Fall VolleyBall™	<b>11</b> 10:00 am Nifty Moves™ 12:00 pm Silver Salsa® 1:30 pm No Fall VolleyBall™ 5:30 pm Yoga	 <b>Valentine's Event</b> <b>4:00 pm – 6:00 pm</b>
<b>15</b> 8:00 am Circuit Breaker™ 10:30 am No Fall VolleyBall™ 12:00 pm Stretch & Flex 5:00 pm Set the Tone™ 5:30 pm No Fall VolleyBall™	<b>16</b> 10:00 am Nifty Moves™ 12:00 pm Core Concepts™ 1:30 pm No Fall VolleyBall™ 5:30 pm Yoga	<b>17</b> 8:00 am Circuit Breaker™ 10:30 am No Fall VolleyBall™ 12:00 pm Stretch & Flex 5:00 pm Set the Tone™ 5:30 pm No Fall VolleyBall™	<b>18</b> 10:00 am Nifty Moves™ 12:00 pm Silver Salsa® 1:30 pm No Fall VolleyBall™ 5:30 pm Yoga	<b>19</b> 10:00 am Stretch & Flex 5:00 pm Set the Tone™ 5:30 pm No Fall VolleyBall™
<b>22</b> 8:00 am Circuit Breaker™ 10:30 am No Fall VolleyBall™ 12:00 pm Stretch & Flex 5:00 pm Set the Tone™ 5:30 pm No Fall VolleyBall™	<b>23</b> 10:00 am Nifty Moves™ 12:00 pm Core Concepts™ 1:30 pm No Fall VolleyBall™ 5:30 pm Yoga	<b>24</b> 8:00 am Circuit Breaker™ 10:30 am No Fall VolleyBall™ 12:00 pm Stretch & Flex 5:00 pm Set the Tone™ 5:30 pm No Fall VolleyBall™	<b>25</b> 10:00 am Nifty Moves™ 12:00 pm Silver Salsa® 1:30 pm No Fall VolleyBall™ 5:30 pm Yoga	<b>26</b> 10:00 am Stretch & Flex 5:00 pm Set the Tone™ 5:30 pm No Fall VolleyBall™
<b>29</b> 8:00 am Circuit Breaker™ 10:30 am No Fall VolleyBall™ 12:00 pm Stretch & Flex 5:00 pm Set the Tone™ 5:30 pm No Fall VolleyBall™	<p style="text-align: center;"><b><u>Important Dates To Remember</u></b></p> <ul style="list-style-type: none"> <li>○ February 12 Valentine's Day Event 4:00 pm-6:00 pm</li> <li>○ February 18<sup>th</sup> American Legion Ceremony 1:00 pm – 4:00 pm</li> <li>○ February 20<sup>th</sup> Movie Matinee at 1:30pm</li> </ul>			

# Group Exercise Class Descriptions

❖ Denotes length of class time other than 30 minutes    † Requires approval from coach

**Circuit Breaker™**: Class design utilizes a circuit format alternating from a cardio station or drill to a strength station. Each station is 30-45 seconds including upper and lower body exercises for a complete cardio and strength total body workout.

**Core Concepts™**: The majority of the exercises are taught seated in a chair, designed to focus on your Core muscles by strengthening your abdominals and back for improved mobility and balance.

**Nifty Moves™**: Like to dance and move? This is a 30 minute dance/movement based class will get you moving to the music right away! You will be having FUN while you're burning calories and toning your body!

**No Fall VolleyBall™** - This activity is designed for those who want to take it to the next level by playing at a faster pace and take on a few more challenges.

**Set the Tone™**: full body workout designed to increase muscular strength and endurance using resistance tubing or bands, helping you "set the tone" for all areas of the body!!

**Silver Salsa®**: Dance/movement class that features a variety of easy to follow Latin based moves and combinations. Set to international beats that will energize your every move!

**Stretch & Flex**: Combines stretching and flexibility exercises that help alleviate tight muscles and stiff joints.

**Yoga**: Sequence of traditional yoga postures and breathing techniques that help to improve flexibility, balance and strength as you learn relaxation techniques proven to reduce stress and improve health. (1 hour class).

[www.niftyafterfifty.com](http://www.niftyafterfifty.com)

\*All classes subject to change without notice