



# May 2025

## The Levande

Monday	Tuesday	Wednesday	Thursday	Friday
			1 10 a.m. – <b>Powerful Movement</b>	2
5 2:15 p.m. – <b>Cardio Drumming</b>	6 10 a.m. – <b>Powerful Movement</b>	7 2:15 p.m. – <b>Strength &amp; Balance</b>	8 10 a.m. – <b>Powerful Movement</b>	9
12	13 10 a.m. – <b>Powerful Movement</b>	14 2:15 p.m. – <b>Strength &amp; Balance</b>	15 10 a.m. – <b>Powerful Movement</b>	16
19 2:15 p.m. – <b>Cardio Drumming</b>	20 10 a.m. – <b>Powerful Movement</b>	21	22 10 a.m. – <b>Powerful Movement</b>	23
26 <b>Memorial Day</b> <b>No Classes</b>	27 10 a.m. – <b>Powerful Movement</b>	28 2:15 p.m. – <b>Strength &amp; Balance</b>	29	30

## Class descriptions:

### Cardio Drumming

Get your heart rate up with music and rhythm using an exercise ball and bucket as our drums... mixing in fun moves and familiar music, we get the whole body moving—great for coordination, core, balance, strength, and range of motion. Great exercise for all levels—can be done standing or seated. **Limit 14 participants.**

### Strength & Balance

This class focuses on overall functional movements to increase physical strength, balance, and mobility for daily living through weight-bearing and resistance exercises—most exercises can be modified to seated and a chair is available to help with standing/balance exercises. Beginners welcome.

### Powerful Movement

Feel stronger, more balanced, and flexible. Join us twice a week to focus on overall physical strength—improving agility and balance through weight-bearing, power, and resistance exercises in an interval format. All major muscle groups will be worked as you progress through intentional circuits to help you improve your strength, reduce aches and pains, and reach your goals. Stretching and mobility exercises will be included to increase flexibility and stability throughout the kinetic chain. **Limit 8 participants.**

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