

Monday	Tuesday	Wednesday	Thursday	Friday
			1 11 a.m. – Balance & Mobility 2:30 p.m. – Gentle Strength	2
5	6 10 a.m. – Mindful Movement 11 a.m. – Balance & Mobility	7	8 11 a.m. – Balance & Mobility 2:30 p.m. – Gentle Strength	9
12	13 10 a.m. – Mindful Movement 11 a.m. – Balance & Mobility	14	15 11 a.m. – Balance & Mobility 2:30 p.m. – Gentle Strength	16
19	20 10 a.m. – Mindful Movement 11 a.m. – Balance & Mobility	21	22 11 a.m. – Balance & Mobility 2:30 p.m. – Gentle Strength	23
26	27 10 a.m. – Mindful Movement 11 a.m. – Balance & Mobility	28	29 11 a.m. – Balance & Mobility 2:30 p.m. – Gentle Strength	30

Class descriptions:

Balance & Mobility

The Balance & Mobility class is designed to improve strength, coordination, and confidence in daily activities. Through a series of gentle exercises, participants work on enhancing their balance, flexibility, and mobility in a safe, supportive environment. The class focuses on building core stability, improving posture, and preventing falls, while also offering modifications to accommodate different fitness levels.

Mindful Movement

This class focuses on slow, intentional movements to improve balance, flexibility, and body awareness. Perfect for relaxing the mind while engaging the body.

Gentle Strength

Build strength and confidence with low-impact exercises designed to support joint health, improve muscle tone, and enhance everyday movement—all at a comfortable pace.