



# May 2025

## The Rushseba

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