



May 2025

Walker Place

Monday	Tuesday	Wednesday	Thursday	Friday
<div>Classes in BLUE are open to all Walker Place residents</div>			1 9:30 a.m. – Burn *sign-up required*	2 9:30 a.m. – Base
	5 9:30 a.m. – Base 2 p.m. – Chair Yoga	6 9:30 a.m. – Build	7 9:30 a.m. – Base	8 9:30 a.m. – Burn *sign-up required*
				9 9:30 a.m. – Base 11 a.m. – Cardio Drumming w/Jo 2 p.m. – Senso Balance
	12 9:30 a.m. – Base 2 p.m. – Chair Yoga	13 9:30 a.m. – Build	14 9:30 a.m. – Base	15 9:30 a.m. – Burn *sign-up required*
				16 9:30 a.m. – Base 2 p.m. – Senso Balance
19 9:30 a.m. – Base 2 p.m. – Chair Yoga	20 9:30 a.m. – Build	21 9:30 a.m. – Base	22 9:30 a.m. – Burn *sign-up required*	23 9:30 a.m. – Base 11 a.m. – Cardio Drumming w/Jo 2 p.m. – Senso Balance
26 Memorial Day No Classes	27 9:30 a.m. – Build	28 9:30 a.m. – Base	29 9:30 a.m. – Burn *sign-up required*	30 9:30 a.m. – Base 2 p.m. – Senso Balance

Class descriptions:

Base:

Base will establish proper movements and a base level of conditioning to ensure you are able to find your starting point and progress at your own pace. This is a great class to start with if you are new to working out, need a consistent schedule, or are recovering from an injury.

Build:

Build expands on Base and ramps up the intensity. Heavier weights, more new exercises, more fun. Build will help increase strength, mobility, balance, and overall quality of life. Each class is designed to help you steadily build your strength and confidence, regardless of your starting point.

Burn:

Burn is age-appropriate, high-tension cardio for older adults. This class uses cardio and weights to help burn calories. Prepare to move, jump, and challenge yourself to the next level.

Chair Yoga:

Chair Yoga is a great way to increase flexibility and mobility. This is a gentle form of yoga that is performed while sitting or using the chair for support, making it accessible for all. It helps improve flexibility, strength, and balance while promoting relaxation and overall well-being.

Senso Balance:

Senso Balance helps improve your balance and coordination while fostering teamwork and sportsmanship. Through fun, engaging exercises, you'll not only build strength but also learn the value of supporting each other in a positive and motivating environment. Perfect for all skill levels—come balance your body and your mindset.

Cardio Drumming:

Cardio Drumming with Jo will get your heart pumping and your body moving. Drum to the beat, torch calories, and have fun while boosting your fitness. It's a full-body workout that's as fun as it is effective. No experience needed—just bring your energy and let's drum up some fun.