



# March 2026

## The Levande

Monday	Tuesday	Wednesday	Thursday	Friday
2 No class today	3 10 a.m. – <b>Powerful Movement</b>	4 2:15 p.m. – <b>Strength &amp; Balance</b>	5 10 a.m. – <b>Powerful Movement</b>	6
9 2:15 p.m. – <b>Better Balance</b>	10 10 a.m. – <b>Powerful Movement</b>	11 2:15 p.m. – <b>Strength &amp; Balance</b>	12 10 a.m. – <b>Powerful Movement</b>	13
16 2:15 p.m. – <b>Better Balance</b>	17 10 a.m. – <b>Powerful Movement</b>	18 2:15 p.m. – <b>Strength &amp; Balance</b>	19 10 a.m. – <b>Powerful Movement</b>	20
23 2:15 p.m. – <b>Better Balance</b>	24 10 a.m. – <b>Powerful Movement</b>	25 2:15 p.m. – <b>Strength &amp; Balance</b>	26 10 a.m. – <b>Powerful Movement</b>	27
30 2:15 p.m. – <b>Better Balance</b>	31 10 a.m. – <b>Powerful Movement</b>			

## Class descriptions:

### **Better Balance**

Starts with 10 minutes of seated stretches/warm-up exercises specific to legs/lower body. Leads into 20 minutes of standing exercises: Single foot balance, mobility, flexibility, spatial awareness, and slight cardio engagement.

### **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 focusing 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 10 participants.