

Monday	Tuesday	Wednesday	Thursday	Friday
3 8:30 a.m. Rise & Stretch 10 a.m. Stretch & Balance 1 p.m. Cardio Drumming	4 8:30 a.m. Rise & Stretch 10 a.m. Chair Yoga 1 p.m. Strength & Stability	5 8:30 a.m. Rise & Stretch 10 a.m. Cardio & Cognition 1 p.m. Stretch & Balance	6 8:30 a.m. Rise & Stretch 10 a.m. Strength & Stability 1 p.m. Chair Yoga	7 8:30 a.m. Rise & Stretch 10 a.m. Cardio Drumming 1 p.m. Guided Relaxation
10 8:30 a.m. Rise & Stretch 10 a.m. Stretch & Balance 1 p.m. Cardio Drumming	11 8:30 a.m. Rise & Stretch 10 a.m. Chair Yoga 1 p.m. Strength & Stability	12 8:30 a.m. Rise & Stretch 10 a.m. Cardio & Cognition 1 p.m. Stretch & Balance	13 8:30 a.m. Rise & Stretch 10 a.m. Strength & Stability 1 p.m. Chair Yoga	14 8:30 a.m. Rise & Stretch 10 a.m. Cardio Drumming 1 p.m. Guided Relaxation
17 8:30 a.m. Rise & Stretch 10 a.m. Stretch & Balance 1 p.m. Cardio Drumming	18 8:30 a.m. Rise & Stretch 10 a.m. Chair Yoga 1 p.m. Strength & Stability	19 8:30 a.m. Rise & Stretch 10 a.m. Cardio & Cognition 12:30 p.m. Stretch & Balance	20 8:30 a.m. Rise & Stretch 10 a.m. Strength & Stability 1 p.m. Chair Yoga	21 8:30 a.m. Rise & Stretch 10 a.m. Cardio Drumming 1 p.m. Guided Relaxation
24 8:30 a.m. Rise & Stretch 10 a.m. Stretch & Balance 1 p.m. Cardio Drumming	25 8:30 a.m. Rise & Stretch 10 a.m. Chair Yoga 1 p.m. Strength & Stability	26 8:30 a.m. Rise & Stretch 10 a.m. Cardio & Cognition 1 p.m. Stretch & Balance	Happy Thanksgiving	28 8:30 a.m. Rise & Stretch 10 a.m. Cardio Drumming 1 p.m. Guided Relaxation

Class descriptions:

Cardio Drumming

Using a chair and pool noodles, we will drum along to upbeat music to help improve heart health, reduce stress, and exercise our brain cells. This class can be done sitting or standing. 30 minutes.

Strength & Stability

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.** 30 minutes.

Rise & Stretch

Seated stretching class to start your morning. 15 minutes.

Cardio & Cognition

Seated full-body aerobic workout with cognitive challenges to engage your brain! This class will help you improve your coordination and ability to multitask while burning calories and getting your heart pumping. 30 minutes.

Stretch & Balance

This gentle class is to help prevent falls by improving flexibility, range of motion and balance. Great class for those suffering from arthritis or any chronic pain. 20 minutes.

Chair Yoga

This class is designed to increase flexibility, balance, and range of motion. In addition to the seated stretches and standing poses, we will also practice breathing and relaxation exercises to reduce stress. 30 minutes.

Guided Relaxation

A class designed to help you relax the body and mind for better sleep, better pain management, decreased anxiety, and improved mood. 20 minutes.