

# SEPTEMBER IN-PERSON EXERCISE CALENDAR

4

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
<b>FREE and Ongoing Exercise Classes</b> <b>TAI CHI:</b> Includes instruction in Qigong and Yang style long form. Emphasis is on coordination of movement with breath and improving strength and balance. The first 15 minutes are reserved for social chat! Wear comfortable shoes and loose-fitting clothing. <b>Beginner Qigong/Taiji:</b> Beginners introduction to the static movements of Qigong, the various postures of Tai-Chi, and an introduction to Tai Chi meditation. Qigong movement increases strength and balance, and Tai Chi postures will be broken down into their most basic components. <b>TAI CHI Form:</b> This class is meant for those that have taken an instructor led TAI CHI class in the past. There will be no instructor for this class.		1 8:00 Triple Treat (N) 10:00 Modified Yoga 10:00 TAI CHI Form 11:00 TAI CHI 1:30 Advanced Line Dance (N) 2:45 Line Dance II (N) 3:30 Fitness Equipment Orientation 5:50 Healthy Moves and Grooves (N)	2 9:00 Low and Slow (N) 11:00 Beginner Qigong/Taiji 2:00 Cardio Party Dance (N)	<b>Saturday, September 4</b>
6  CLOSED FOR LABOR DAY	7 9:00 Gentle Yoga (PP) 9:00 Low & Slow 10 Zumba Gold Chair (PP) 10:15 Chair Yoga (PP) 11 Beginner Qigong/Taiji 11:00 Zumba Gold (PP) 1:00 Fit and Fabulous (PP) 1-2 Fitness Equipment Orientation	8 8:00 Triple Treat 10:00 Modified Yoga 10:00 TAI CHI Form 11:00 TAI CHI 1:30 Advanced Line Dance 2:45 Line Dance II 3:30 Fitness Equipment Orientation 5:50 Healthy Moves and Grooves	9 9:00 Low and Slow 11:00 Beginner Qigong/Taiji 2:00 Cardio Party Dance	<b>Saturday, September 11</b>
13 8:00 Triple Treat 10:00 Modified Yoga 10:00 TAI CHI Form 11:00 TAI CHI 1:30 Advanced Line Dance 2:45 Line Dance I 5:50 Healthy Moves and Grooves	14 9:00 Gentle Yoga (PP) 9:00 Low & Slow 10 Zumba Gold Chair (PP) 10:15 Chair Yoga (PP) 11 Beginner Qigong/Taiji 11:00 Zumba Gold (PP) 1:00 Fit and Fabulous (PP) 1-2 Fitness Equipment Orientation	15 8:00 Triple Treat 10:00 Modified Yoga 10:00 TAI CHI Form 11:00 TAI CHI 1:30 Advanced Line Dance 2:45 Line Dance II 3:30 Fitness Equipment Orientation 5:50 Healthy Moves and Grooves	16 9:00 Low and Slow 11:00 Beginner Qigong/Taiji 2:00 Cardio Party Dance	<b>Saturday, September 18</b>  <b>1 Day Class</b> <b>10:00 Drumming</b> <b>Nancy Nork</b> <b>*More information can be found on page 9.</b>
20 8:00 Triple Treat 10:00 Modified Yoga 10:00 TAI CHI Form 11:00 TAI CHI 1:30 Advanced Line Dance 2:45 Line Dance I 5:50 Healthy Moves and Grooves	21 9:00 Gentle Yoga (PP) 9:00 Low & Slow 10 Zumba Gold Chair (PP) 10:15 Chair Yoga (PP) 11 Beginner Qigong/Taiji 11:00 Zumba Gold (PP) 1:00 Fit and Fabulous (PP) 1-2 Fitness Equipment Orientation	22 8:00 Triple Treat 10:00 Modified Yoga 10:00 TAI CHI Form 11:00 TAI CHI 1:30 Advanced Line Dance 2:45 Line Dance II 3:30 Fitness Equipment Orientation 5:50 Healthy Moves and Grooves	23 9:00 Low and Slow 11:00 Beginner Qigong/Taiji 2:00 Cardio Party Dance	<b>Saturday, September 25</b>  9-10 Fitness Equipment Orientation
27 8:00 Triple Treat 10:00 Modified Yoga 10:00 TAI CHI Form 11:00 TAI CHI 1:30 Advanced Line Dance 2:45 Line Dance I 5:50 Healthy Moves and Grooves	28 9:00 Gentle Yoga (PP) 9:00 Low & Slow 10 Zumba Gold Chair (PP) 10:15 Chair Yoga (PP) 11 Beginner Qigong/Taiji 11:00 Zumba Gold (PP) 1:00 Fit and Fabulous (PP) 1-2 Fitness Equipment Orientation	29 8:00 Triple Treat 10:00 Modified Yoga 10:00 TAI CHI Form 11:00 TAI CHI 1:30 Advanced Line Dance 2:45 Line Dance II 3:30 Fitness Equipment Orientation 5:50 Healthy Moves and Grooves	30 9:00 Low and Slow 11:00 Beginner Qigong/Taiji 2:00 Cardio Party Dance	<b>KEY:</b>  <b>New Session (N)</b> <b>Postponed (PP)</b>