

# OCTOBER IN-PERSON EXERCISE CALENDAR

4

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
<p><b>FREE and Ongoing Exercise Classes</b></p> <p><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.</p> <p><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.</p> <p><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.</p>				<p><b>Saturday, October 2</b></p> <p><b>KEY:</b></p> <p><b>New Session (N)</b> <b>Postponed (PP)</b></p>
<p>4</p> <p>9:00 Triple Treat (N) 10:00 Modified Yoga (N) 10:00 TAI CHI Form 11:00 TAI CHI 1:30 Advanced Line Dance(N) 2:45 Line Dance I (N) 5:50 Healthy Moves and Grooves (N)</p>	<p>5</p> <p>9:00 Gentle Yoga (PP) 9:00 Low &amp; Slow (N) 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</p>	<p>6</p> <p>9:00 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 (N) 3:30 Fitness Equipment Orientation 5:50 Healthy Moves and Grooves</p>	<p>7</p> <p>9:00 Low and Slow 11:00 Beginner Qigong/Taiji 2:00 Cardio Party Dance (N)</p>	<p><b>Saturday, October 9</b></p>
<p>11</p> <p>CLOSED FOR INDIGINEOUS PEOPLES' DAY</p>	<p>12</p> <p>9:00 Gentle Yoga (PP) 9:00 Low &amp; 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</p>	<p>13</p> <p>9:00 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</p>	<p>14</p> <p>9:00 Low and Slow 11:00 Beginner Qigong/Taiji 2:00 Cardio Party Dance</p>	<p><b>Saturday, October 16</b></p>
<p>18</p> <p>9:00 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</p>	<p>19</p> <p>9:00 Gentle Yoga (PP) 9:00 Low &amp; 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</p>	<p>20</p> <p>9:00 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</p>	<p>21</p> <p>9:00 Low and Slow 11:00 Beginner Qigong/Taiji 2:00 Cardio Party Dance</p>	<p><b>Saturday, October 23</b></p> <p>9-10 Fitness Equipment Orientation</p> <p><b>9:00 GLO &amp; FLO –CHI</b> <b>(1 day class, Nancy Nork)</b> <b>More information page 14</b></p>
<p>25</p> <p>9:00 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</p>	<p>26</p> <p>9:00 Gentle Yoga (PP) 9:00 Low &amp; 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</p>	<p>27</p> <p>9:00 Triple Treat 10:00 Modified Yoga 10:00 TAI CHI Form 11:00 TAI CHI 1:30 <b>NO</b> Advanced Line Dance 2:45 <b>NO</b> Line Dance II 3:30 Fitness Equipment Orientation 5:50 Healthy Moves and Grooves</p>	<p>28</p> <p>9:00 Low and Slow 11:00 Beginner Qigong/Taiji 2:00 Cardio Party Dance</p>	<p><b>Saturday, October 30</b></p>