



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY



GROUP FITNESS CLASS SCHEDULE
WINTER I SESSION
 ROSEVILLE FITNESS CLASSES
 January 2 - February 16, 2019

<u>TIME</u>	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>
9:00-9:40 AM	Chair Based Fitness		Chair Based Fitness			
9:00-10:00 AM		Foundation Yoga		Foundation Yoga		

BREAK A SWEAT WITH US



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GROUP FITNESS CLASS DESCRIPTIONS:

CHAIR BASED FITNESS (ARTHRITIS FOUNDATION EXERCISE PROGRAM): Have fun while you move through a variety of exercises designed to increase muscular strength, range of motion and activities for daily living. Chair support is offered to safely perform the exercises seated or standing.

Non-Member Fee: \$30 per session. **Instructor - Claire**

FOUNDATION YOGA: Start your mind and body experience here by learning the yoga basics. This class will teach you about breathing, movement, and meditation while developing your posture, flexibility and core strength. **Instructor - M.E.**