

Casa Exercise/Fitness

SEPTEMBER 2019

Location Key

FER - Fitness Equipment Room **CASA-TV** - 1390 **ES** - Exercise Studio
DT - Dinner Theatre **SL** - Sur Lobby **FP** - Fitness Pool

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 8:00 Hiking Group - SL 9:00 Chair Zumba - DT 10:15 Aqua Zumba—FP 2:00 Strength,Balance & Flex.-ES	3 9:00 Yoga for All - ES 10:15 Sati Tai Chi—ES 10:30 Water Exercise - FP 2:00 Line Dancing - ES	4 8:00 Core Workout—DT 9:00 Functional Fitness-DT 9:00 Fitness Equipment.* 10:30 Water Exercise-FP	5 8:00 Hiking Group—SL 9:00 Yoga for All - ES 10:15 TMC Balance - ES	6 9:00 Chair Zumba - ES 10:30 Water Exercise - FP	7 9:00 Zumba Gold –DT 10:30 Seated Yoga—DT
8	9 8:00 Hiking Group - SL 9:00 Chair Zumba - DT 10:15 Aqua Zumba—FP 2:00 Strength,Balance & Flex-ES	10 9:00 Yoga for All –ES 10:15 Floor Yoga—ES 10:30 Water Exercise- FP 2:00 Line Dancing - ES	11 8:00 Core Workout—DT 9:00 Functional Fitness-DT 10:30 Water Exercise-FP	12 8:00 Hiking Group—SL 9:00 Yoga for All - ES	13 8:30 Chair Zumba—ES <i>Resident Association Meeting at 10:00 AM</i>	14 9:00 Zumba Gold - DT 10:30 Seated Yoga—DT
15 9:30 Renee’s Agility, Balance and Cardio	16 8:00 Hiking Group - SL 9:00 Chair Zumba - DT 10:15 Aqua Zumba - FP 2:00 Strength,Balance & Flex-ES	17 9:00 Yoga for All - ES 10:15 Sati Tai Chi—ES 10:30 Water Exercise - FP 2:00 Line Dancing - ES	18 8:00 Core Workout—DT 9:00 Functional Fitness-DT 10:30 Water Exercise	19 8:00 Hiking Group - SL 9:00 Yoga for All—ES 10:15 TMC Balance - ES	20 9:00 Chair Zumba - ES 10:30 Water Exercise - FP 3:00 Fitness Equipment Orientation*- FER	21 9:00 Zumba Gold—ES 10:30 Seated Yoga—ES <i>Classes on the third Sat- urdays are held in the Exercise Studio</i>
22	23 8:00 Hiking Group - SL 9:00 Chair Zumba - DT 10:15 Aqua Zumba - FP 2:00 Strength,Balance & Flex-ES	24 9:00 Yoga for All - ES 10:15 Floor Yoga –ES 10:30 Water Exercise FP 2:00 Beg.Line Dancing - ES 2:30 Line Dancing—ES	25 8:00 Core Workout—DT 9:00 Functional Fitness-DT 10:30 Water Exercise	26 8:00 Hiking Group - SL 9:00 Yoga For All—ES	27 9:00 Chair Zumba - ES 10:30 Water Exercise - FP	28 9:00 Zumba Gold—DT 10:00 Seated Yoga –DT
29	30 8:00 Hiking Group - SL 9:00 Chair Zumba - DT 10:15 Aqua Zumba—FP 2:00 Strength,Balance & Flex— ES			Exercise classes require a minimum average of 12 participants.	<i>*Fitness Equipment Orientation sign-up sheet is located at the Fitness Center Lobby.</i>	