

January 2015

EXERCISE SCHEDULE

Circle Dancing taught by Angela Haedicke

Morning exercises hosted by Mary Tortora

Water Aerobics taught by Kathy Jespersion on Tuesdays; and by Marilyn Woodruff on Thursdays and Fridays

Sun	Mon	Tue	Wed	Thu	Fri	Sat
4	5 10:00 Chairdancing Aerobics (moderate intensity) 10:45 Hand Weights (20 min)	6 10:00 Jane Fonda's Workout (moderate) (51 min) (mat for cooldown at end) 11:15 Water Aerobics 2:00 Circle Dancing	7 10:00 Chairdancing Around the World (moderate) 10:45 Hand Weights (20 min)	8 10:00 DanceX (vigorous) (50 min) (mat for cooldown at end) 11:15 Water Aerobics	9 10:00 Chairdancing Favorites (moderate)(55 min) 11:15 Water Aerobics	10 10:00 Therapeutic Arthritis (easy) 10:20 Therapeutic Stretch (easy)(20 min) Today is ideal for those who have difficulty with moving.
11	12 10:00 Chairdancing Thru the Decades (moderate) 10:45 Hand Weights (20 min)	13 10:00 Zumba Cardio Party (vigorous) (50 min) 11:15 Water Aerobics 2:00 Circle Dancing	14 10:00 Chairdancing Celebration (moderate) 10:45 Hand Weights (20 min)	15 10:00 2-Mile Walk (moderate) (stretch band optional) 10:30 Zumba Flat Stomach (vigorous) (20 min) 11:15 Water Aerobics	16 10:00 Chairdancing Aerobics (moderate) 10:45 Hand Weights (20 min) 11:15 Water Aerobics	17 10:00 3-Mile Walk (moderate-vigorous) (stretch band optional) (51 min)
18	19 10:00 Chairdancing Favorites (moderate) (55 min)	20 10:00 Zumba Live (vigorous) (55 min) 11:15 Water Aerobics 2:00 Circle Dancing	21 10:00 Chairdancing Around the World (moderate) 10:45 Hand Weights (20 min)	22 10:00 2-Mile Walk (moderate) (stretch band optional) 10:30 Zumba Fitness (vigorous) (20 min) 11:15 Water Aerobics	23 10:00 Chairdancing Thru the Decades (moderate) 10:45 Hand Weights (20 min) 11:15 Water Aerobics	24 10:00 Zumba Sculpt & Tone (vigorous) (45 min)
25	26 10:00 Chair Yoga (easy) 10:45 Hand Weights (20 min)	27 NO EXERCISE – BOARD MEETING 2:00 Circle Dancing	28 10:00 Chairdancing Aerobics (moderate) 10:45 Hand Weights (20 min)	29 10:00 Susan Anton's Slimatics (moderate) (45 min) (mat for cooldown at end) 11:15 Water Aerobics	30 10:00 Chairdancing Favorites (moderate) (55 min) 11:15 Water Aerobics	31 10:00 4-Mile Walk Challenge! (vigorous) (60 min)

Mat – Bring blanket or beach towel that can be folded into the shape of a floor mat OR adapt exercises to a seated position.

Hand Weights – Canned goods make excellent hand weights OR take books from the shelf at the clubhouse.

Note that Chairdancing can be done at 3 levels – Level 1 can be done by almost everyone; Level 2 is moderate; Level 3 is advanced.