



**2023 Fitness Room and Class schedule**

	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
8:00am	Fitness Room Open 8am - 11am	Fitness Room Open 8am—Noon	Fitness Room Open 8am-11am	Fitness Room Open 8am—Noon	Fitness Room Open 8am-11am
9:00am					
10:00am	Forever Young Strength 10:00-10:45	Keep Fit 9:45-10:45	Fairview Fit 11:15 - 11:45am	Keep Fit 9:45-10:45	Fairview Fit 11:15-11:45am
11:00am	Fairview Fit 11:15-11:45	Chair Yoga 11:00-11:45		Chair Yoga 11:00-11:45	
1:00pm	Fitness Room Open 1pm-4pm		Fitness Room Open 1pm-4pm		Fitness Room open 1pm-3:30pm
2:00pm			TRX 1:00-1:45		TRX 1:00-1:45
3:00pm			Drum Jam 2:00-3:00		Yoga 2:00-2:45

# Fitness Program Descriptions

**Chair Yoga:** Enjoy all the benefits of yoga from the comfort of your chair. Help your physical, mental and emotional wellbeing by connecting your body, mind and spirit.

**Forever Young Strength:** Get your muscles toned and strong during this total body resistance class. Variations in exercises are provided to accommodate everyone.

**Drum Jam:** Drumming is an energizing and uplifting workout that is loads of FUN! Sit or stand while you drum to the beat. No music experience is required.

**Keep Fit:** This class will help improve your endurance, strength, flexibility and balance. Moderate-intensity exercises predominantly instructed while standing but variations available.

**Fairview Fit:** This lower-intensity class has opportunity for some standing exercises but the entire class may be done sitting. Combination of cardio, range of motion and light resistance ex's.

**TRX:** AKA: Total Body Resistance Exercise. Strengthen your body by using secure, canvas straps attached to the wall while you progress through instructor-led movements.

**Walking Group:** Meet in the apartment lobby for this outdoor program. Walking poles are available if desired. The pace will match the group and conditions. Dress for the elements.

**Yoga:** This class offers traditional yoga poses in standing and floor postures. We have mats available or bring your own. This is an exceptional way to wind down the week.

**Fitness Room:** Appointments are highly recommended. Drop-In is available if attendance is below capacity. Fully supervised with a variety of strength and cardio equipment.