

# Ship Shape Exercise Schedule

## Monday:

- 9:15 AM Sole Strength (Fitness Center)
- 10:00 AM Advanced Balance (Standish Center)
- 11:00 AM Chair Exercise (Standish Center)
- 3:00 PM Weights ( Fitness Center)

*New Class!*

# January 2018

## Tuesday:

- 9:30 AM Core and More (Fitness Center)
- 10:00 AM Balance and Flexibility (Standish Center)
- 11:00 AM Chair Exercise (Standish Center)
- 2:00 PM Water Fitness (Pool) *New Time!*

IF YOU ARE  
PERSISTENT,  
YOU WILL GET IT.  
IF YOU ARE  
CONSISTENT,  
YOU WILL KEEP IT.

## Wednesday:

- 9:30 AM Traditional Tai Chi (Fitness Center)
- 11:00 AM Chair Exercise (Standish Center)
- 1:30 PM Sarah's Book Club (Fitness Center)
- 3:00 PM Weights (Fitness Center)



## Thursday:

- 9:15 AM Zumba Gold (Fitness Center)
- 10:00 AM Posture, Core and More (Fitness Center)
- 11:00 AM Chair Exercise (Standish Center)

## Friday:

- 10:00 AM Rise and Shine Stretch (Fitness Center)**
- 11:00 AM Chair Exercise (Standish Center)
- 2:30 PM Weights (Fitness Center)

**\*\* Fitness center will be closed from 10:00 AM-10:45 AM for this class \*\***

**\*\*All class times and locations are subject to change\*\***