

Ship Shape Exercise Schedule

Monday:

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

New Class!

February 2019

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)



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)

**Fall in LOVE with taking
care of yourself.
Mind. Body. Spirit.**

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****