

# Ship Shape Exercise Schedule

## March 2020

### Monday:

9:15 AM Mindful Meditation (Fitness Center)  
10:00 AM Advanced Balance (Fitness Center)  
11:00 AM Chair Exercise (Standish Center)  
2:00 PM Weights ( Fitness Center)

### Tuesday:

9:30 AM Core and More (Fitness Center)  
10:00 AM Balance and Flexibility (Fitness Center)  
11:00 AM Chair Exercise (Standish Center)  
1:30 PM Heart Healthy Walk (meet in Lobby)

### Wednesday:

9:30 AM Traditional Tai Chi (Fitness Center)  
11:00 AM Chair Exercise (Standish Center)  
2:00 PM Weights (Fitness Center)  
3:00 PM Wellness Book Club (Fitness Center)

### Thursday:

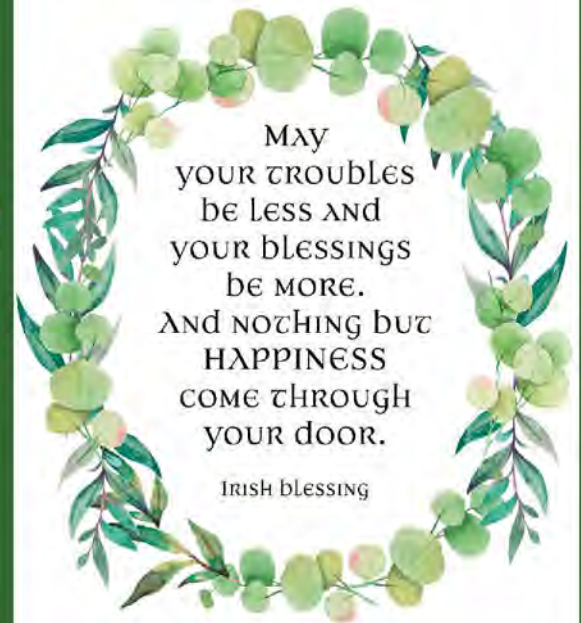
9:15 AM Zumba Gold (Fitness Center)  
10:00 AM Posture, Core and More (Fitness)  
11:00 AM Chair Exercise (Standish Center)

### Friday:

10:00 AM Rise and Shine Stretch (Fitness Center)  
11:00 AM Chair Exercise (Standish Center)  
2:00 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\*\***





# Colorful Choices

## A Nutrition Health Incentive Challenge

Welcome to Colorful Choices- the simple and fun nutrition incentive program that's a feast for your eyes as well as healthy nourishment for your body.

**How it works:** Colorful Choices is a 20-day program that helps you increase your daily servings of fruits and vegetables by selecting produce from all colors of the rainbow. Use the log form to plan and record your progress each day as you aim for 100 servings of fruits and vegetables in 20 days. By choosing fruits and vegetables from all the various colors, you're sure to receive the maximum health benefits.

**Colorful Choices: Taste the Rainbow!**

**Program Starts: Thursday, March 5th**

**Program Ends: Tuesday, March 24th**

Want to know more? Come to the Colorful Choices kick-off program on Wednesday, March 4th at 3:00 PM in the Standish Center to learn all the details of this fun program.

