<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>Saturday</th>
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<tbody>
<tr>
<td>29 8am Floor Yoga</td>
<td>30 9am Fit for Life 11am PB&amp;G (level1) 12pm Chair Yoga 1pm RSB (Group 2) 2pm RSB (Group 1) 3pm Pickle Ball</td>
<td>1 9am Body Activation 11am RSB (group 3) 1pm RSB (group 4a)</td>
<td>2 9am Fit for Life 11am PB&amp;G (level1) 1pm RSB (Group 2) 2pm RSB (Group 1) 3pm Pickle Ball</td>
<td>3 10am PB&amp;G (level2) 12pm Chair Yoga 3pm Floor Yoga with Val</td>
<td>4 <em>Open Gym</em> 10am-1:30pm Pickle Ball</td>
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<tr>
<td>6 8am Floor Yoga</td>
<td>7 9am Fit for Life 11am PB&amp;G (level1) 12pm Chair Yoga 1pm RSB (Group 2) 2pm RSB (Group 1) 3pm Pickle Ball</td>
<td>8 9am Body Activation 11am RSB (group 3) 1pm RSB (group 4a)</td>
<td>9 9am Fit for Life 11am PB&amp;G (level1) 1pm RSB (Group 2) 2pm RSB (Group 1) 3pm Pickle Ball</td>
<td>10 10am PB&amp;G (level2) 12pm Chair Yoga 3pm Floor Yoga with Val</td>
<td>11 <em>Open Gym</em></td>
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<tr>
<td>13 8am Floor Yoga</td>
<td>14 9am Fit for Life 11am PB&amp;G (level1) 12pm Chair Yoga 1pm RSB (Group 2) 2pm RSB (Group 1) 3pm Pickle Ball</td>
<td>15 9am Body Activation 11am RSB (group 3) 1pm RSB (group 4a)</td>
<td>16 9am Fit for Life 11am PB&amp;G (level1) 1pm RSB (Group 2) 2pm RSB (Group 1) 3pm Pickle Ball</td>
<td>17 10am PB&amp;G (level2) 12pm Chair Yoga 3pm Floor Yoga with Val</td>
<td>18 <em>Open Gym</em> 10am-1:30pm Pickle Ball</td>
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<td>20 8am Floor Yoga</td>
<td>21 9am Fit for Life 11am PB&amp;G (level1) 12pm Chair Yoga 1pm RSB (Group 2) 2pm RSB (Group 1) 3pm Pickle Ball</td>
<td>22 9am Body Activation 11am RSB (group 3) 1pm RSB (group 4a)</td>
<td>23 9am Fit for Life 11am PB&amp;G (level1) 1pm RSB (Group 2) 2pm RSB (Group 1) 3pm Pickle Ball</td>
<td>24 10am PB&amp;G (Level2) Fitness Center Closing @ noon</td>
<td>25 Closed Merry Christmas!!</td>
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Warm Hearth Fitness Center Always Recommends You Speak With Your Doctor Before Starting Any Exercise Program.

*Please see a Fitness Center staff member before participating in classes to complete required paperwork*

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<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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</table>
| 8am Floor Yoga | 9am Fit for Life  
9am Body Activation | 10am PB&G (level 2)  
11am RSB (group 3)  
1pm RSB (group 4a) | 2:30pm Tap Class | 9am Floor Yoga  
9am Fit for Life  
11am PB&G (level 1)  
12pm Chair Yoga  
1pm RSB (group 2)  
2pm RSB (group 1)  
3pm Pickle Ball  
3:30pm Tap Class | 11am RSB (group 3)  
1pm RSB (group 4a) | 3pm Body Activation | 10am PB&G (level 2)  
Fitness Center Closing @ noon | 1 Closed  
Happy New Year! |

**Fit for Life ★★★**
This class focuses on strength and endurance using weights and greater repetitions. Full range of motion, lower body movements, arms & shoulders to improve every day strength and functionality. Will use physio balls, bands & free weights.

**Body Activation ★★★**
Segments include: Qigong, Tai Chi, Yoga, Breath work, aerobic, balance, stretch, and strength exercises to restore, rebuild and repair.

**Chair Yoga ★**
Participants enjoy the benefits of relaxation and increased flexibility from practicing yoga while sitting in a chair. The class will focus on breath work, stretches, supported strengthening poses and meditation.

**Floor Yoga ★**
This class utilizes floor techniques to the core, low back and entire body under the guidance of Noelle Dijoud.

**Posture, Balance, & Gait (Level 1) ★★**
A class designed to work on body mechanics and muscle memory through body weight/awareness and strength training.

**Posture, Balance, & Gait (Level 2) ★**
A class designed to work on body mechanics and muscle memory through body weight/awareness and strength training. Most exercises are done by the bar or seated, as this class is designed for our less balanced folks.

**Rock Steady Boxing (RSB)** ★★★

RSB is a world-renowned program designed for those with Parkinson’s. RSB exercises are largely based off of boxing drills. Classes will work on optimal agility, speed, muscular endurance, accuracy, hand-eye coordination, footwork, and overall strength to defend against and overcome opponents associated with Parkinson’s.

**Tap Dance** ★★

Learn basic steps, rhythms and hand motions for theatrical tap. Benefits include better balance, stamina and range of motion. WHV Tap Club is for members to reconnect with their community in an environment of encouragement and ageless play. Pre-registration is required. If needed, assessment of this class should be consulted with your doctor if there are questions about mobility issues. If you have questions contact Mardy at mbaker@warmhearth.org.

**Mindful Meditation** ★

This resident led class will allow you to learn the techniques of meditation and leave class feeling better than you arrived.

<table>
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<tr>
<th>Level of Difficulty:</th>
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<tbody>
<tr>
<td>Easy ★</td>
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<tr>
<td>Moderate ★★</td>
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<tr>
<td>Advanced ★★★★</td>
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