<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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</thead>
<tbody>
<tr>
<td>8:30 - 9:15 AM</td>
<td>10:30-11:30 AM</td>
<td>12:00 - 12:45 PM</td>
<td>5:30 - 6:15 PM</td>
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</tbody>
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**YOGA**  
This course promotes proper alignment to enhance your posture and flexibility. You’ll improve body awareness by practicing the standing, sitting and supine yoga postures. Beginners are welcome.  
Yoga mats may be borrowed. Classes held in the **Ballet Room downstairs**.  
Instructor: Rachel Yu  
NO CLASS August 9 | **ZUMBA GOLD**  
Zumba Gold is a cardio dance-based workout for active older adults looking for a modified Zumba® class that recreates the original moves at a lower-intensity. All abilities welcome. Proper footwear required (sneakers, etc.) Classes held in the **Ballet Room downstairs**.  
Instructor: Geraldine Powell | **PILATES**  
In this class, you will improve your muscular endurance and flexibility with an emphasis on core work. This mat-based workout gives plenty of modifications to work on your level of ability. Mats may be borrowed. Classes held in the **Ballet Room downstairs**.  
Instructor: Tina Thumm | **CIRCUIT**  
In this class, you will improve your muscular endurance and flexibility with an emphasis on core work. This mat-based workout gives plenty of modifications to work on your level of ability. Mats may be borrowed. Classes held in the **Ballet Room downstairs**.  
Instructor: Tina Thumm | **CIRCUIT**  
This class will combine strength conditioning and cardiovascular exercises in a fun circuit format. Equipment will be provided. Classes held in the **Team Meeting Room downstairs**.  
Instructor: Tina Thumm  
NO CLASS August 4 |