



# Young at Heart Class

## May Schedule

### 11:30 am – 12:30 pm



**Tuesday, May 1**

FitBall Challenge – We will utilize the stability balls to challenge our coordination, strength and balance.

**Thursday, May 3**

Strong & Centered – A fluid combination of Yoga & Pilates to refresh & restore.

**Tuesday, May 8**

Zumba & Zumba Toning – We will dance Zumba style for ½ of the class & tone up with Zumba Toning for the other ½! The best of both!

**Thursday, May 10**

Get Outside & Play – Weather permitting, we will utilize the walking trail for a fun cardio & strength workout.

**Tuesday, May 15**

Step Low – A blend of step & low impact aerobics followed by strength work.

**Thursday, May 17**

Cardio Interval Training – Alternate between low impact cardio & strength work.

**Tuesday, May 22**

Dance Party! – Burn some calories while revisiting popular dance songs.

**Thursday, May 24**

Sports Extravaqanza – Time to play games like when we were kids...sort of! We will try a variety of games and/or sports. This month: VOLLEYBALL (again!)

**Tuesday, May 29**

20-20-20 – This fun workout includes 20 min of cardio, 20 min of strength & 20 min of stretching.

**Thursday, May 31**

Beat It – Challenge rhythm and coordination as we drum on the fitball.