

## April 2024

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> 8:30 am (POA) Standing exercise 9:30 am Standing exercises 3:00 pm Seated exercises	<b>2</b> 8:30 am (POA) Standing exercise 9:30 am <b>NO Standing exercises</b> 10:30 am <b>Chair Yoga</b> 1:15 pm Seated exercises 1:45 pm <b>DOG THERAPY</b>	<b>3</b> 8:30 am (POA) Standing exercise 9:30 am Aerobics 1:15 pm Seated Aerobics 2:00 pm <b>GAPS in Motion</b>	<b>4</b> 8:30 am (POA) Balance 9:30 am Standing exercise 1:15 pm Seated exercise 2:00 pm <b>LINE DANCING</b>	<b>5</b> 8:30 am (POA) Standing exercise 9:30 am Balance 10:30 am Seated exercises
<b>8</b> 8:30 am (POA) Standing exercise 9:30 am Standing exercises 3:00 pm <b>NO Seated exercises</b>	<b>9</b> 8:30 am (POA) Standing exercise 9:30 am standing exercise 10:30 am <b>Chair Yoga</b> 1:15 pm Seated exercises	<b>10</b> 8:30 am (POA) Standing exercise 9:30 am Standing exercise 1:15 pm Seated exercise 2:15 pm <b>GAPS in Motion</b>	<b>11</b> 8:30 am (POA) Balance 9:30 am Standing exercise 1:15 pm Seated exercise 2:00 pm <b>LINE DANCING</b>	<b>12</b> <b>NO Exercise Classes</b> 
<b>15</b> 8:30 am (POA) Standing exercise 9:30 am Standing exercises 3:00 pm Seated exercises	<b>16</b> 8:30 am (POA) Standing exercise 9:30 am <b>NO Standing exercises</b> 10:30 am <b>Chair Yoga</b> 1:15 am Seated exercises	<b>17</b> 8:30 am (POA) Standing exercise 9:30 am Standing exercise 1:15 pm Seated exercise 2:15 pm <b>NO GAPS in Motion</b>	<b>18</b> 8:30 am (POA) Balance 9:30 am Standing exercise 1:15 pm Seated exercise 2:00 pm <b>LINE DANCING</b> 2:15 pm <b>GAPS in Motion</b>	<b>19</b> 8:30 am (POA) Standing exercise 9:30 am Balance 10:30 am Seated exercises
<b>22</b> 8:30am (POA) Standing exercise 9:30 am Standing exercises 3:00 pm <b>NO Seated exercises</b>	<b>23</b> 8:30 am (POA) Standing exercise 9:30am Standing exercises 10:30 am <b>Chair Yoga</b> 1:15 pm Seated exercises	<b>24</b> 8:30 am (POA) Standing exercise 9:30 am Standing exercise 1:15 pm Seated exercise 2:15 pm <b>NO GAPS in Motion</b>	<b>25</b> 8:30 am (POA) Balance 9:30 am Standing exercise 1:15 pm Seated strength 2:00 pm <b>LINE DANCING</b>	<b>26</b> 8:30 am (POA) Standing exercise 9:30 am Balance 10:30 am Seated exercises
<b>29</b> 8:30am (POA) Standing exercise 9:30 am Standing exercises 3:00 pm Seated exercises	<b>30</b> 8:30 am (POA) Standing exercise 9:30 am <b>NO Standing exercises</b> 10:30 am <b>Chair Yoga</b> 1:15 pm Seated exercises	<b>1</b> 8:30 am (POA) Standing exercise 9:30 am Standing exercise 1:15 pm Seated exercise 2:15 pm <b>GAPS in Motion</b>	<b>2</b> 8:30 am (POA) Balance 9:30 am Standing exercise 1:15 pm Seated Strength 2:00 pm <b>LINE DANCING</b>	<b>3</b> 8:30 am (POA) Standing exercise 9:30 am Balance 10:30 am Seated exercises

- **Aerobics-** is CARDIO that gets your heart pumping. Its rhythmic movements of large muscle groups to strengthen the heart and lungs.
- **Strength training-** dumbbell/resistance band exercises that are designed to improve muscle strength. Helps increase bone density.
- **Chair yoga-** modified yoga poses so they can be done while seated. Improves posture, increases flexibility, and improves balance.
- **Balance-** exercise stations that strengthen the muscles that help keep you upright, including legs and core.
- **GAPS-** exercise class for people with Parkinson's. FREE class! people from Seneca/Clemson community are welcome.