

March 2024

Monday	Tuesday	Wednesday	Thursday	Friday
26	27	28	29	1
8:30 am (POA) Standing exercise 9:30 am Standing exercises 10:30 am Seated exercises	8:30 am (POA) Standing exercise 9:30 am Standing exercises 10:30 am Chair Yoga 1:15 pm Seated exercises	8:30 am (POA) Standing exercise 9:30 am Aerobics 1:15 pm Seated Aerobics 2:00 pm GAPS in Motion	8:30 am (POA) Balance 9:30 am Standing exercise 1:15 pm Seated exercise 2:00 pm LINE DANCING	8:30 am (POA) Standing exercise 9:30 am Balance 10:30 am Seated exercises
4	5	6	7	8
8:30 am (POA) Standing exercise 9:30 am Standing exercises 3:00 pm Seated exercises	8:30 am (POA) Standing exercise 9:30 am NO standing exercise 10:30 am Chair Yoga 1:15 pm Seated exercises 1:45 pm DOG THERAPY	8:30 am (POA) Standing exercise 9:30 am Standing exercise 1:15 pm Seated exercise 2:15 pm GAPS in Motion	8:30 am (POA) Balance 9:30 am Standing exercise 1:15 pm Seated exercise 2:00 pm LINE DANCING	8:30 am (POA) Standing exercise 9:30 am Balance 10:30 am Seated exercises
11	12	13	14	15
8:30 am (POA) Standing exercise 9:30 am Standing exercises 3:00 pm NO Seated exercises	8:30 am (POA) Standing exercise 9:30 am Standing exercises 10:30 am Chair Yoga 1:15 am Seated exercises	8:30 am (POA) Standing exercise 9:30 am Standing exercise 1:15 pm Seated exercise 2:15 pm GAPS in Motion	8:30 am (POA) Balance 9:30 am Standing exercise 1:15 pm Seated exercise 2:00 pm LINE DANCING	8:30 am (POA) Standing exercise 9:30 am Balance 10:30 am Seated exercises
18	19	20	21	22
8:30am (POA) Standing exercise 9:30 am Standing exercises 3:00 pm Seated exercises	8:30 am (POA) Standing exercise 9:30am NO Standing exercises 10:30 am Chair Yoga 1:15 pm Seated exercises	8:30 am (POA) Standing exercise 9:30 am Standing exercise 1:15 pm Seated exercise 2:15 pm NO GAPS in Motion	8:30 am (POA) Balance 9:30 am Standing exercise 1:15 pm Seated strength 2:00 pm LINE DANCING	8:30 am (POA) Standing exercise 9:30 am Balance 10:30 am Seated exercises
25	26	27	28	29
8:30am (POA) Standing exercise 9:30 am Standing exercises 3:00 pm NO Seated exercises	8:30 am (POA) Standing exercise 9:30 am Standing exercises 10:30 am Chair Yoga 1:15 pm Seated exercises	8:30 am (POA) Standing exercise 9:30 am Standing exercise 1:15 pm Seated exercise 2:15 pm GAPS in Motion	8:30 am (POA) Balance 9:30 am Standing exercise 1:15 pm Seated Strength 2:00 pm LINE DANCING	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.