

May - June 2019 Easy Adult Fitness		
9:30-10:30 a.m. at Margo Fournier Centre		
Monday	Wednesday	Friday
May 6 Chair yoga Stretch and strengthen (chair, band, weights)	May 8 Bender Ball plus chair pilates (Chair & green ball)	May 10 Walking with Weights You need <u>light</u> weights & a resistance band
May 13 Chair yoga Stretch and strengthen (chair, band, weights)	May 15 Whole Body Stretching You need a chair (Mat is optional)	May 17 Boxing plus Chair Pilates You need a chair.
May 20 Victoria Day (no class)	May 22 Easy Does It Strength & stretching (chair and weights)	May 24 Bender Ball plus Hi-Lo Aerobics Need green bender ball
May 27 Chair yoga Stretch and strengthen (chair, band, weights)	May 29 Whole Body Stretching You need a chair (Mat is optional)	May 31 Substitute instructor Gloria Bell
June 3 Chair yoga Stretch and strengthen (chair, band, weights)	June 5 Bender Ball plus chair pilates (Chair & green ball)	June 7 Walking with Weights You need <u>light</u> weights & a resistance band
June 10 Chair yoga Gentle stretching (chair, band, weights)	June 12 Easy Does It (chair and weights)	June 14 Boxing plus Core strength You need a chair and mat.
June 17 Chair yoga Gentle stretching (chair, band, weights)	June 19 Whole Body Stretching You need a chair (Mat is optional)	June 21 Walking with Weights <u>light</u> weights & a resistance band
June 24 Chair yoga Gentle stretching (chair, band, weights)	June 26 Bender Ball plus chair pilates (Chair & green ball)	June 28 Boxing plus Chair Pilates You need a chair.

