

FEBRUARY 2019

YES CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
				1 CIRCUIT TRAINING - 9:45am YES YOGA 10:50am
4 CIRCUIT TRAINING 9:45am BIRTHDAY CELEBRATION 10:30am IN CAFE	5 CIRCUIT TRAINING - 9:45am ZUMBA GOLD - 10:50am RESTORATIVE YOGA - 11:30am	6 CIRCUIT TRAINING - 9:45am YES YOGA - 10:50am	7 ZUMBA GOLD - 10:50am RESTORATIVE YOGA 11:30am	8 CIRCUIT TRAINING - 9:45am YES YOGA 10:50am
11 CIRCUIT TRAINING 9:45am MARDI GRAS WORLD TOUR	12 CIRCUIT TRAINING - 9:45am ZUMBA GOLD - 10:50am RESTORATIVE YOGA - 11:30am	13 CIRCUIT TRAINING - 9:45am YES YOGA 10:50am	14 ZUMBA GOLD - 10:50am RESTORATIVE YOGA 11:30am	15 CIRCUIT TRAINING - 9:45am YES YOGA - 10:50am
18 CIRCUIT TRAINING 9:45am	19 CIRCUIT TRAINING - 9:45am ZUMBA GOLD - 10:50am RESTORATIVE YOGA - 11:30am	20 CIRCUIT TRAINING 9:45am YES YOGA 10:50am LUNCH AT THE WINDSOR	21 ZUMBA GOLD - 10:50am RESTORATIVE YOGA 11:30am	22 CIRCUIT TRAINING - 9:45am YES YOGA - 10:50am
25 CIRCUIT TRAINING 9:45am	26 CIRCUIT TRAINING - 9:45am ZUMBA GOLD - 10:50am RESTORATIVE YOGA - 11:30am	27 CIRCUIT TRAINING 9:45a YES YOGA 10:50am	28 ZUMBA GOLD - 10:50am RESTORATIVE YOGA 11:30am	

CLASS / ACTIVITY	LOCATION	DESCRIPTION
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Y.E.S. CIRCUIT TRAINING
9:45am - 10:30am

CIRCUIT STUDIO

This total body workout combines cardiovascular, strength and endurance in one exercise session using complete *Strive Circuit*.

Y.E.S. YOGA
10:50am - 11:50am

MIND/BODY STUDIO

This class focuses on the development of core strength, alignment, balance, flexibility and breathing techniques for mature adults.
**Chairs are available for those not able to get onto the floor comfortably.*

ZUMBA GOLD
10:50am - 11:50am

STUDIO ONE

This class is for active older adults looking for a modified Zumba class that recreates the original moves you love at a lower intensity.

RESTORATIVE YOGA
11:30am – 12:30am

MIND/BODY STUDIO

Class begins with a slow flow to warm the body, open the joints, and deepen the breath. Restorative poses with props are then integrated and held for 3 to 5 minutes. This is great preventative work for athletes who do intense training.

Mardi Gras World Tour + Lunch
Monday, February 11th
Leave 9:45 am and Return 2:30 pm
Members: \$45 | Non Members: \$50
(Price includes a tour, carpool transportation, and lunch)

Sign Up no later than Tuesday, February 5th on the Seniors Board.

Lunch at the Windsor in Mandeville, LA
Wednesday, February 20th 12:15pm - 1:45pm

The "Young Energetic Seniors" have been invited to tour and dine at "The Windsor" retirement center in Mandeville. It's free, however, you must sign up on the Senior Board to reserve your spot.

Transportation: carpool or meet us there!
Complimentary to Members

