



# Fitness Calendar—March 2023



Sun

Mon


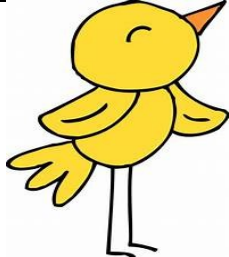

Tue

Wed

Thu

Fri

Sat

 <p><b>TWIN CREEKS</b> An Active Adult Community (541) 664-8880 www.twincreeksretirement.com</p>			<p><b>1</b> 9:00 Sit &amp; Fit - TH 1:00 Yoga - TH</p>	<p><b>2</b> 9:00 Balance Class -TH <b>10:45 Aqua Fit - Pool</b>  1:00 Qigong- TH</p>	<p><b>3</b> 9:00 Sit &amp; Fit - TH 1:00 Yoga - TH</p>	<p><b>4</b> The Gym and Pool are Open</p>
<p><b>5</b> The Gym and Pool are Open</p>	<p><b>6</b> 9:00 Sit &amp; Fit—TH <b>10:45 Aqua Circuit— Pool</b> 1:00 Yoga— TH</p>	<p><b>7</b> 9:00 Balance Class - TH <b>10:45 Aqua Fit - Pool</b> 1:00 Qigong- TH</p>	<p><b>8</b> 9:00 Sit &amp; Fit - TH 1:00 Yoga - TH</p>	<p><b>9</b> 9:00 Balance Class -TH <b>10:45 Aqua Fit - Pool</b> 1:00 Qigong- TH</p>	<p><b>10</b> 9:00 Sit &amp; Fit - TH 1:00 Yoga - TH</p>	<p><b>11</b> The Gym and Pool are Open</p>
<p><b>12</b> The Gym and Pool are Open</p>	<p><b>13</b> 9:00 Sit &amp; Fit—TH <b>10:45 Aqua Circuit— Pool</b> 1:00 Yoga— TH</p>	<p><b>14</b> 9:00 Balance Class - TH <b>10:45 Aqua Fit - Pool</b> 1:00 Qigong- TH</p>	<p><b>15</b> 9:00 Sit &amp; Fit - TH 1:00 Yoga - TH</p>	<p><b>16</b> 9:00 Balance Class -TH <b>10:45 Aqua Fit - Pool</b> 1:00 Qigong— TH</p>	<p><b>17</b> 9:00 Sit &amp; Fit - TH 1:00 Yoga - TH</p>	<p><b>18</b> The Gym and Pool are Open</p>
<p><b>19</b> The Gym and Pool are Open</p>	<p><b>20</b> 9:00 Sit &amp; Fit—TH <b>10:45 Aqua Circuit— Pool</b> 1:00 Yoga— TH</p>	<p><b>21</b> 9:00 Balance Class - TH <b>10:45 Aqua Fit - Pool</b> 1:00 Qigong- TH</p>	<p><b>22</b> 9:00 Sit &amp; Fit - TH 1:00 Yoga - TH</p>	<p><b>23</b> 9:00 Balance Class -TH <b>10:45 Aqua Fit - Pool</b> 1:00 Qigong— TH</p>	<p><b>24</b> 9:00 Sit &amp; Fit - TH 1:00 Yoga - TH</p>	<p><b>25</b> The Gym is Open.</p>
<p><b>26</b> The Gym and Pool are Open</p>	<p><b>27</b> 9:00 Sit &amp; Fit—TH 1:00 Yoga— TH</p>	<p><b>28</b> 9:00 Balance Class - TH 1:00 Qigong- TH</p>	<p><b>29</b> 9:00 Sit &amp; Fit - TH 1:00 Yoga - TH</p>	<p><b>30</b> 9:00 Balance Class -TH <b>10:45 Aqua Fit - Pool</b> 1:00 Qigong- TH</p>	<p><b>31</b> 9:00 Sit &amp; Fit - TH 1:00 Yoga - TH</p>	<p><i>Call Brenda at extension 1482 for a reservation to Any Aquatics class or for Any fitness related Questions you have</i></p>

# Class Descriptions

## Yoga

This gentle yoga class focuses on stretching and strengthening the major muscle groups of the body while focusing on relaxing and restorative breathing. All exercise can be performed seated or standing.

## Sit & Fit

Class consists of several movement patterns performed at a slow and gentle pace, designed to improve balance, flexibility, circulation & energy throughout the body.

## AquaFit

In this class we use the resistance that water provides to strengthen and tone muscles while getting a great cardiovascular workout. We will also utilize a variety of equipment to enhance the exercise such as water dumbbells, kick boards and pool noodles.

## Balance Class

Standing exercises combined to produce better leg strength & awareness of surroundings & body in space to prevent falls & become stronger. Chairs provided for stability & walkers are welcome.

## Aqua Circuit

Have fun while building strength and cardiovascular fitness by completing a series of total body exercise at a variety of stations around the perimeter of the pool.

## Qigong

Class consists of several movement patterns performed at a slow and gentle pace, designed to improve balance, flexibility, circulation & energy throughout the body.

