Iona Fitness Class Schedule

JANUARY - APRIL 2020

**Strength, Balance, and Posture, led by Dave Reynolds**
Mondays, 10-11 AM or 11:15 AM – 12:15 PM
Session 1: January 6 - February 10*
Session 2: February 24 - March 30
Build muscle and movement using weights and bands.

**Yoga, led by Judy Silberman**
Mondays, 1:30 to 2:45 PM
Session 1: January 6 - February 10*
Session 2: February 24 - March 30

**Tai Chi Friend’s Club, led by Shabaka J-El**
Tuesdays, 9:30-10:30 AM
Session 1: January 7 - February 11*
Session 2: February 25 - March 31
Join us for a natural and holistic way to look and feel younger and stronger.

**Yang Style Basic Tai Chi, led by Tyrone Cave**
Fridays, 11 AM – 12 PM
Session 1: January 10 - February 14*
Session 2: February 28 - April 3
Expand your skill in your Tai Chi practice. Improve circulation, balance, and alertness, and decrease the risk of falling.

**Senior Fit, led by Ruth Barnes**
Thursdays, 12:30-1:30 PM
Session 1: January 9 - February 13*
Session 2: February 27 - April 2
Improve your body and improve your endurance. This class includes, band, bar, and music routines.

**Beginners Tai Chi, led by Tyrone Cave**
Fridays, 12 - 1 PM
Session 1: January 10 - February 14*
Session 2: February 28 - April 3
A time-tested set of exercises to increase physical and mental ability. The practice gently improves circulation, concentration, and posture.

**Total Workout, led by Gerri Carpenter**
Fridays, 3-4 PM
Session 1: January 10 - February 14*
Session 2: February 28 - April 3
Strengthening, cardio, and fun for moderate to advanced fitness levels.

*CLASSES ARE NOT HELD THE FOLLOWING HOLIDAYS:

**New Year’s Day**
Wednesday, January 1, 2020

**Martin Luther King, Jr. Day**
Monday, January 20, 2020

**Presidents’ Day**
Monday, February 17, 2020

**SEE BACK FOR MORE DETAILS**
<table>
<thead>
<tr>
<th>Time</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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<tbody>
<tr>
<td><strong>Morning</strong></td>
<td>Strength, Balance, and Posture: 10 - 11 AM</td>
<td>Tai Chi Friend’s Club: 9:30 - 10:30 AM</td>
<td>Yoga: 10 - 11 AM</td>
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<td>Session 1: January 8 - February 12*</td>
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<td>Session 2: February 24 - March 30</td>
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<td>Session 2: February 26 - April 1</td>
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<td><strong>Early Afternoon</strong></td>
<td>Strength, Balance, and Posture: 11:15 AM – 12:15 PM</td>
<td>Zumba Gold: 12:30 - 1:30 PM</td>
<td>Senior Fit: 12:30 - 1:30 PM</td>
<td>Beginners Tai Chi: Fridays, 12 - 1 PM</td>
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<td><strong>Late Afternoon</strong></td>
<td>Yoga: 1:30 to 2:45 PM</td>
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**HOW TO REGISTER**

All students (including returning students) must fill out a registration form. You can pick one up at the front desk. Note: It is Iona’s policy for six or more people to be enrolled in each class for the entire session by the start of the third class of the session. In the event a class does not have at least six people enrolled for the entire session, the class will be canceled and a credit will be issued to the current students enrolled. The cost per class on a drop-in rate is $13 per class. A discounted per-class rate of $10 will be offered only to those who sign up – and pay for – the entire session. If you have any questions, please contact Darryl Simpson at (202) 895-0238, or stop by the front desk.