

Iona Fitness Class Schedule

JANUARY - APRIL 2020

January 2020						
SU	M	T	W	TH	F	SA
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

February 2020						
SU	M	T	W	TH	F	SA
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29

March 2020						
SU	M	T	W	TH	F	SA
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

April 2020						
SU	M	T	W	TH	F	SA
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

***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

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

Wednesdays, 10-11 AM
Session 1: January 8 - February 12*
Session 2: February 26 - April 1
Improve body awareness, strength, balance, and posture. Chairs are available, if preferable to floor mats.

Tai Chi Friend's Club, led by Shabaka J-EI

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.

Zumba Gold, led by Ruth Barnes

Tuesdays, 12:30 – 1:30 PM
Session 1: January 7 - February 11*
Session 2: February 25 - March 31
Enjoy Latin-inspired movements that provide a great aerobic workout while also focusing on balance, range of motion, and coordination.

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.

SEE BACK FOR MORE DETAILS

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	<p>Strength, Balance, and Posture: 10 - 11 AM</p> <p>Session 1: January 6 - February 10*</p> <p>Session 2: February 24 - March 30</p>	<p>Tai Chi Friend's Club: 9:30 - 10:30 AM</p> <p>Session 1: January 7 - February 11*</p> <p>Session 2: February 25 - March 31</p>	<p>Yoga: 10 - 11 AM</p> <p>Session 1: January 8 - February 12*</p> <p>Session 2: February 26 - April 1</p>		<p>Yang Style Basic Tai Chi: 11 AM – 12 PM</p> <p>Session 1: January 10 - February 14*</p> <p>Session 2: February 28 - April 3</p>
Early Afternoon	<p>Strength, Balance, and Posture: 11:15 AM – 12:15 PM</p> <p>Session 1: January 6 - February 10*</p> <p>Session 2: February 24 - March 30</p>	<p>Zumba Gold: 12:30 - 1:30 PM</p> <p>Session 1: January 7 - February 11*</p> <p>Session 2: February 25 - March 31</p>		<p>Senior Fit: 12:30 - 1:30 PM</p> <p>Session 1: January 9 - February 13*</p> <p>Session 2: February 27 - April 2</p>	<p>Beginners Tai Chi: Fridays, 12 - 1 PM</p> <p>Session 1: January 10 - February 14*</p> <p>Session 2: February 28 - April 3</p>
Late Afternoon	<p>Yoga: 1:30 to 2:45 PM</p> <p>Session 1: January 6 - February 10*</p> <p>Session 2: February 24 - March 30</p>				<p>Total Workout: 3 - 4 PM</p> <p>Session 1: January 10 - February 14*</p> <p>Session 2: February 28 - April 3</p>

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.**