

CLASSES RECOMMENDED FOR ACTIVE OLDER ADULTS

at the Osher Marin JCC

	Time	Class Level	Location
MONDAY	8:30am	Aquacise *Int/Adv	Indoor Pool
	10:00am	Power Pulse *Advanced	4th floor
	10:00am	Senior Strength *All levels	1st floor
	11:00am	Piloxing® Barre *Advanced	4th floor
	11:10am	Gentle Yoga *All levels	2nd floor
	12:15pm	Pilates Mat & Alignment *Beg/Int	2nd floor
	5:00pm	Feldenkrais® *Beg/Int	2nd floor
	6:00pm	Hatha Flow *Int/Adv	2nd floor
TUESDAY	7:15am	Tai Chi *All levels	4th floor
	8:15am	Nia *Int/Adv	4th floor
	9:00am	Water Stretch *All levels	Indoor Pool
	11:10am	Gentle Yoga *All levels	2nd floor
	11:15am	Zumba® Gold *Beg/Int	4th floor
	2:00pm	Arthritis (\$) *All levels	Indoor Pool
WED	8:30am	Aquacise *Int/Adv	Indoor Pool
	10:00am	Senior Strength *All levels	1st floor
	11:00am	Feldenkrais® *Beg/Int	2nd floor
THURSDAY	7:15am	Tai Chi *All levels	4th floor
	10:00am	Water Stretch *All levels	Indoor Pool
	11:10am	Gentle Yoga *All levels	2nd floor
	11:15am	Zumba® Gold *Beg/Int	4th floor
	12:15pm	Qi Gong *All levels	2nd floor
	2:00pm	Arthritis (\$) *All levels	Indoor Pool
	5:00pm	Restorative Yoga *All levels	2nd floor
FRIDAY	8:30am	Aquacise *Int/Adv	Indoor Pool
	10:00am	Barre Strong *Int/Adv	2nd floor
	10:00am	Senior Strength *All levels	1st floor
	11:00am	Nia *Int/Adv	4th floor
SAT	8:00am	Power Pulse *Advanced	4th floor
	10:00am	Baptiste Power of Yoga Senior *Int/Adv	2nd floor
SUN	11:00am	Aligned Flow *All levels	2nd floor
	4:00pm	Restorative Yoga *All levels	2nd floor

MORE INFORMATION: 415.444.8029 or marinjcc.org/schedule