

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6
9:30am L1 RSB Circuit 11am L1-2 RSB Circuit 12:30pm L3 RSB Circuit	11am L1 RSB Circuit 12:30pm Balance/Stretch	9:00am Speech Therapy 11am L1-2 RSB Circuit 12:30pm L3 RSB Circuit	9:30am L1 RSB Circuit 11am L1-2 RSB Circuit 12:30pm L3 RSB Circuit	11am L1-2 RSB Circuit 12:30pm L3 RSB Circuit	9:30 am L1-2 RSB Circuit 11 am L3-4 RSB Circuit
8	9	10	11	12	13
9:30am L1 RSB Circuit 11am L1-2 RSB Circuit 12:30pm L3 RSB Circuit	11am L1 RSB Circuit 12:30pm Balance/Stretch	9:00am Speech Therapy 11am L1-2 RSB Circuit 12:30pm L3 RSB Circuit	9:30am L1 RSB Circuit 11am L1-2 RSB Circuit 12:30pm L3 RSB Circuit	11am L1-2 RSB Circuit 12:30pm L3 RSB Circuit	9:30 am L1-2 RSB Circuit 11 am L3-4 RSB Circuit
15	16	17	18	19	20
9:30am L1 RSB Circuit 11am L1-2 RSB Circuit 12:30pm L3 RSB Circuit	11am L1 RSB Circuit 12:30pm Balance/Stretch AL	9:00am Speech Therapy 11am L1-2 RSB Circuit 12:30pm L3 RSB Circuit	9:30am L1 RSB Circuit 11am L1-2 RSB Circuit 12:30pm L3 RSB Circuit	11am L1 RSB Circuit 12:30pm L3 RSB Circuit	9:30 am L1-2 RSB Circuit 11 am L3-4 RSB Circuit
22	23	24	25	26	27
9:30am L1 RSB Circuit 11am L1-2 RSB Circuit 12:30pm L3 RSB Circuit	11am L1 RSB Circuit 12:30pm Balance/Stretch AL	9:00am Speech Therapy 11am RSB L1-2 12:30pm L3 RSB Circuit	9:30am L1 RSB Circuit 11am L1-2 RSB Circuit 12:30pm L3 RSB Circuit	11am L1-2 RSB Circuit 12:30pm L3 RSB Circuit	9:30 am L1-2 RSB Circuit 11 am L3-4 RSB Circuit

MONDAY	29	TUESDAY	30	WEDNESDAY	31			
9:30am L1 RSB Circuit 11am L1-2 RSB Circuit 12:30pm L3 RSB Circuit		11am L1-2 RSB Circuit 12:30pm Balance/Stretch AL		9:00 am Speech Therapy 11am L1-2 RSB Circuit 12:30pm L1-2 RSB Circuit				

RSB= ROCK STEADY BOXING L1 = High INTENSITY; L2 = Moderate INTENSITY; L3 =Low INTENSITY

High Intensity: Boxing L1 Class is designed for people who have little to no balance concerns, can move independently, and would benefit from a fast-paced class. A more strenuous workout.

Moderate Intensity: Boxing L1-2. Class is designed for people who would benefit from a slower paced class but can walk/move without use of an assistive device or partner assistance. The *11am classes are in this category.*

Low Intensity: Boxing L3. Class is designed for people who have balance concerns and would benefit from slower movements and/or require use of an assistive walking device. Participants must be accompanied by an able-bodied person who can help them with movements. A balanced workout, with full benefits. The *12:30 classes, except for Yoga, are in this category.*

Balance and Stretch: Yoga. A stretch and strengthening class using different mediums for all levels. The instructor tailors the class to the member's needs. A great personalized class for balance, strength and stretching. *This is the Tuesday 12:30 class.*

Speech Therapy: A great opportunity to talk about current and historical subjects while using evidence-based speech principles. These principles are integrated in 'SPEAK OUT'. The focus is communication with clear speech and strong voices through exercise and conversation. The dynamic of integrating the brain cognitively and physically through special designed speech.

