



As many of you know, Friends In Action fitness offerings have been seriously curtailed since the beginning of the COVID-19 restrictions. We are now ready to put all, or at least most, of that behind us as we welcome the return of Europa and her extremely popular exercise classes.

As of the first of August, Europa will be offering two classes a day on Monday, Wednesday and Friday in the FIA Senior Center at 5 General Moore Way.

Rebecca will continue to present her great classes on Tuesdays and Thursdays, also at the FIA Senior Center. She is also available to answer fitness questions and provide blood pressure checks.

Ursula will continue her popular Form and Function classes at the UBE Facility at 4 Mariaville Rd, Ellsworth.

The Fitness Room will be open Monday thru Friday with FIA Volunteer, Mary Ann, available by appointment to provide fitness room orientations.

	Monday		
9:00-10:00	Strength & Balance	Europa	FIA Senior Center
10:30-11:30	Jump Start Strength & Balance	Europa	FIA Senior Center
	Tuesday		
8:30-9:00	Intro to Exercise Modification	Rebecca	FIA Senior Center
9:00-9:30	Gentle Stretch	Rebecca	FIA Senior Center
10:00-11:00	Form & Function	Ursula	UBE Facility
11:15-12:00	Functional Fitness with Balance Training	Rebecca	FIA Senior Center
	Wednesday		
9:00-10:00	Strength & Balance for Active Elder	Europa	FIA Senior Center
10:15-11:15	Zumba Gold	Europa	FIA Senior Center
	Thursday		
10:00-11:00	Form & Function	Ursula	UBE Facility
11:15-12:00	Functional Fitness with Balance Training	Rebecca	FIA Senior Center
12:00-12:30	Deep Breathing for Optimal Health	Rebecca	FIA Senior Center
	Friday		
9:00-10:00	Strength & Balance	Europa	FIA Senior Center
10:30-11:30	Jump Start Strength & Balance	Europa	FIA Senior Center