

# WEEKLY GROUP FITNESS



## LIGHTS OUT FOR TURTLES

Artificial lights affect the nesting and hatching sea turtles. Turtles nest at night in order to evade predators. Nesting females avoid brightly lit beaches. Tiny hatchlings emerge at night and are drawn to the reflected moonlight on the surface of the ocean and the white of the surf.

Instead of the safety of the nighttime sea, streetlights, headlights, interior lights, porch lights, landscape lighting and flashlights can disorient them and they can become lost and tangled in vegetation. If they fail to make it to the ocean, they may die in the morning sun from dehydration or be found by predators.

Local ordinances forbid lights that can be seen from the beach at night. Use motion sensor security lights and draw blinds or drapes at night on any windows facing the beach



## MONDAY

- 8A Suspension
- 8:30A Move-it
- 9:15A Outdoor Yoga
- 9:45A Tabata Battle
- 9:45AM Injury Negation (starts September)
- 10:45A Strength & Stability
- 2P Active Seniors Yoga
- 6:30P TKD

## TUESDAY

- 7:30A Beach Yoga (ends in October)
- 8:30A RXFit
- 8:30A Core & More
- 9:45A YIN Yoga
- 11:15A Balance & Fall Prevention (starts September)
- 1P Senior Mobility & Functionality
- 2P Over 60 Training
- 3:15P Tai Chi

## WEDNESDAY

- 8A Suspension
- 8A Tabata Battle
- 9:15A Outdoor Yoga
- 9:30A Zumba
- 10:45A Strength & Stability
- 12P Drums Alive
- 2P Yoga for Healthy Aging
- 6P Yin Yoga

## THURSDAY

- 8:30A RXFit
- 8:30A Pilates Fusion
- 9:45A Line Dancing INTER
- 10:45A Line Dancing BEG
- 12P Balance & Flow (starts September)
- 1P Senior Mobility & Functionality
- 2P Over 60 Training

## FRIDAY

- 8A Suspension
- 8:30A Strength
- 9:15A Outdoor Yoga
- 9:45A Stability & Strength
- 11A Balance & Fall Prevention (starts September)

## SATURDAY

- 8:30A RXFit Club (2 Saturdays per month)
- 9A Drums Alive (6.6, 20; 7.11, 18; 8.1, 15, 29; 9.12, 26)
- 10A Preteen Yoga (starts September)
- 11A Teen Yoga (starts September)