



**Group Class Schedule - All Classes Included In Your Membership!**  
**Classes are offered in-person and most have remote options. See front desk.**

**Monday**

7:30am Lifeline  
9:00am Lifeline  
10:30am Lifeline  
11:45am Yoga

**Tuesday**

9:00am Beginner Tai Chi  
10:00am Tai Chi  
11:00am Basics Connect  
1:00pm Lifeline

**Wednesday**

7:30am Lifeline  
9:00am Lifeline  
10:30am Lifeline  
11:45am Yoga

**Thursday**

9:00am Beginner Tai Chi  
10:00am Tai Chi  
11:00am Basics Connect  
1:00pm Lifeline

**Friday**

7:30am Lifeline  
9:00am Lifeline  
10:30am Lifeline

All offerings except Yoga,  
Beg. Tai Chi & Basics Connect  
have remote options.  
See front desk for details!

**\*\*\* See Reverse Side for Class Descriptions and Gym Hours \*\*\***



**Lifeline Senior Fitness Classes:** Basics signature program! This is a group exercise fall-prevention program designed for those 50 and over who are mindful of the need to stay healthy through regular physical activity.

**Yoga:** Gentle Yoga provides an adaptive format for aging individuals who experience challenges with strength, balance and flexibility. There will be an emphasis on mindful breathing, modified dynamic movements, stretching and strengthening muscles as well as creating a full mind-body experience. Both in-chair and mat level participants welcome.

**Tai Chi – Beginner, Intermediate:** An evidence-based class including gentle, simple rhythmic & purposeful postures proven to help with balance, pain relief, heart health, breathing enhancement, mental acuity, mood control and sleep quality. Beginner tai chi classes are offered in-person only.

**Basics Connect:** This 30-minute program is designed for the independent exerciser who wants support and guidance while they do their strength exercises on the machines. It's fun, social and provides accountability! See the front desk to sign-up.

## Gym Hours:

Monday – Friday: 5:45am – 5:45pm / Saturday: 8:00am – 2:00pm

**Visitors always welcome! Interested in joining or taking a tour of Basics?**

**Call us at (207) 774-3536 or stop by. 380 Western Ave, South Portland (Across from Staples)**

**[www.basicsfitnessme.com](http://www.basicsfitnessme.com)**