



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

All of our Water Aerobics, Active Older Adult and Group Exercise Classes are free with a Y membership. No need to sign-up.

FALL 2 ACTIVE OLDER ADULTS CLASSES

October 29 – December 23 No classes November 19-25

MONDAY

Time	Class	Room
9:00-10:00 a.m.	SilverSneakers® Yoga	MPR
9:15-10:00 a.m.	Zumba® Gold	PR 2
10:30-11:30 a.m.	Enhance®Fitness	Gym 2
10:30-11:30 a.m.	Fit After 40	PR 1

TUESDAY

9:00-10:00 a.m.	SilverSneakers® Classic	MPR
10:30-11:15 a.m.	Intro to Group Fitness	PR 2

WEDNESDAY

9:00-10:00 a.m.	SilverSneakers® Yoga	MPR
9:15-10:00 a.m.	Zumba® Gold	PR 2
10:30-11:30 a.m.	Enhance®Fitness	Gym 2

THURSDAY

9:00-10:00 a.m.	SilverSneakers® Classic	MPR
10:30-11:30 a.m.	Fit After 40	PR 1
5:15-6:00 p.m.	Intro to Group Fitness	PR 1

FRIDAY

9:00-10:00 a.m.	YogaFit® Seniors	PR 1
9:15-10:00 a.m.	Zumba® Toning	PR 2
10:30-11:30 a.m.	Enhance®Fitness	PR 2

Room Capacity

Classes are first come, first serve

PR 1	YMCA's Program Room 1	15
PR 2	YMCA's Program Room 2	27
MPR	Multi-Purpose Room 1	23

ACTIVE SOCIAL SENIORS

Enhance®Fitness gets you moving. And because you're encouraged to move at your own pace, it's never more than you can handle. In fact, we'll meet you where you are and help you gain strength, flexibility, and balance. Geared towards older adults, and those with chronic conditions, such as arthritis. We have chairs for support and soft ankle and wrist weights when you are ready. All Fitness Levels. Program Room 2 on Monday and Friday. Gym on Wednesday.

Fit After 40 Try this class if you're looking for a full body workout including light resistance training and low-impact cardio in a circuit training format, but need it modified for troublesome joints. All Fitness Levels. Program Room 1.

Intro to Group Fitness- For those new to exercise, you'll learn strength and cardio exercises while getting a total body workout. Proper form for each move will be demonstrated. A great way to build strength, endurance and balance in a fun and relaxed setting.

SilverSneakers® SilverSneakers group exercise classes are appropriate for older adults who are fit and active as well as those who are sedentary, intimidated, unfamiliar with exercise, entering post-rehabilitation programs and ALL those who enjoy a positive, upbeat social environment.

SilverSneakers® Classic Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance; a chair is used for support. Beginner Fitness Level. Multi-Purpose Room 1

SilverSneakers® Yoga Yoga will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and a final relaxation will promote stress reduction and mental clarity. All Fitness Levels. Multi-Purpose Room 1.

YogaFit® Seniors Class includes a variety of moves to increase muscular strength and flexibility while offering modifications of all poses. All moves are demonstrated by the instructor so you can follow along and perform them accurately while improving your sense of balance. A chair and props are provided for added assistance.

Zumba® Gold If you are an active older adult, a true beginner, not used to exercising or limited physically, Zumba Gold is done at a much lower intensity. The same great Latin styles of music and dance are used and it's just as fun as the regular Zumba classes. Zumba Gold classes strive to improve balance, strength, flexibility and the heart. Beginner fitness level. Program Room 2.

Zumba® Toning-The fun of a Zumba class but with extra emphasis on toning and sculpting with light weights to define those muscles while having a total blast.



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FALL 2 WATER AEROBICS SCHEDULE

October 29 – December 23 No November 19 – 25

MONDAY

Time	Class	Pool
7:30-8:30 a.m.	Movers & Groovers	LP
8:30-9:30 a.m.	Aqua Fit	WW
9:30-10:30 a.m.	Water Works	WW
9:30-10:30 a.m.	Tone & Fit	LP
10:30-11:30 a.m.	Women in Action	WW
10:30-11:00 a.m.	Aqua Abs	LP

TUESDAY

8:30-9:30 a.m.	Joyful Joints	WW
6:00-7:00 p.m.	Deep Water Aerobics	LP

WEDNESDAY

7:30-8:30 a.m.	Movers & Groovers	LP
8:30-9:30 a.m.	Aqua Fit	WW
9:30-10:30 a.m.	Water Works	WW
9:30-10:30 a.m.	Tone & Fit	LP
10:30-11:30 a.m.	Women in Action	WW
10:30-11:00 a.m.	Aqua Abs	LP
5:00-6:00 p.m.	Aqua Fit	WW

THURSDAY

8:30-9:30 a.m.	Joyful Joints	WW
9:30-10:30 a.m.	Water Motion	WW
6:00-7:00 p.m.	Deep Water Aerobics	LP

FRIDAY

7:30-8:30 a.m.	Movers & Groovers	LP
8:30-9:30 a.m.	Aqua Fit	WW
9:30-10:30 a.m.	Water Works	WW
9:30-10:30 a.m.	Tone & Fit	LP
10:30-11:30 a.m.	Women in Action	WW
10:30-11:00 a.m.	Aqua Abs	LP

Pool Locations

- LP YMCA's Lap Pool
- WW YMCA's Warm Water Pool

LOW IMPACT, HIGH RESULTS Water Aerobics While building relationships, you will actively participate in low-impact cardio exercise good for both your heart and your mind. Together, with the rest of the class, you will achieve results you can see. Join us in the pool and increase your joint flexibility, improve your circulation, burn calories, strengthen your muscles and have fun.

BEGINNER FITNESS LEVEL

Joyful Joints Focus is on alleviating pain, improving range of motion and assisting in pain management. Warm Water Pool.

Water Works Activate your aqua urge for variety! This class offers lots of fun shallow-water moves to improve agility, flexibility and cardiovascular endurance. No swimming ability is required, and a special kickboard is used to develop strength, balance and coordination. Formerly Silver Splash. Warm Water Pool.

Water Motion Class Using the freedom water can provide, a trained instructor will lead participants in a variety of activities to get those with special needs and their caregiver in motion. (Ages 13 and up). Warm Water Pool.

Women in Action Helps to limber joints, tone muscles and burn calories without stress on the joints. All levels of fitness can be accommodated. Warm Water Pool.

MEDIUM FITNESS LEVEL

Aqua Fit A wake up call for the mind and body, an interval training workout combining cardio and muscle toning. Warm Water Pool.

Movers and Groovers A fun way to better health and fitness. This class includes aerobics, strengthening, toning and core development. Uplifting conversation and fellowship included at no extra charge! Lap Pool.

VARYING FITNESS LEVELS

Aqua Abs Use the weightlessness of water to your advantage. Get a workout centered on your core. Minimal swimming skills are needed. Lap Pool.

Deep Water Aerobics A workout adaptable for all fitness levels that uses fun and intense combos in a high-impact workout in the deep section of the pool. A great class for anyone who has joint problems and is interested in a workout. Flotation belts and water weights are provided for this aerobic and muscle-toning water class. Lap Pool.

Tone & Fit A low-impact body sculpting class, using the resistance of the water. This class works on strengthening the core muscles while developing muscle tone, endurance and flexibility. The class is beneficial for a wide range of ages and physical levels. Come be a part of a supportive, encouraging group and experience the positive enhancements of this class. Lap Pool.