



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.

# WINTER 1 ACTIVE OLDER ADULTS CLASSES JANUARY 7 - FEBRUARY 17

## 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.