

YACHTIVE OLDER ADULTS

TM

Winter II Registration: Members-February 8 Community-February 15 Session: February 22-April 4

Winter 2010	Price		Monday	Tuesday	Wednesday	Thursday	Friday
	M	CM					
Group Exercise	M	CM					
Silver Sneakers Muscular Strength & Range of Motion	Free	\$3	10:30-11:15 a.m.		10:30-11:15 a.m.		
Silver Sneakers Yoga Stretch	Free	\$3		10:30-11:15 a.m.		10:30-11:15 a.m.	
Senior Programs	Free	\$3	Euchre 1:00 p.m.		Bridge 1:00 p.m.		Movie 3rd Friday of the month at 1:00 p.m.
Intro to Fitness and Beyond	\$10	\$20		6:00-7:00 p.m.		6:00-7:00 p.m.	
Water Aerobics							
Arthritis	\$15	\$30		8:30-9:30 a.m.		8:30-9:30 a.m.	
Women In Action Aquadynamics	\$15	\$30	10:30-11:30 a.m.		10:30-11:30 a.m.		10:30-11:30 a.m.

Fitness Pass/Punchcard If you do not want to commit to a whole session, you can purchase a one day pass, or a fitness punchcard for 18 visits. This pass will get you into one class of your choice. If a class is full those on the roster will be given precedence over those with passes (you can save your pass for another time).

One Day Fitness Pass M- \$4 CM- \$6 and Fitness Punchcard 18 classes M-\$54 CM- \$90

Active Older Adults Program Descriptions

Kosciusko Community YMCA Winter II Registration: Members– February 8 Community– February 15 Session: February 22-April 4

SilverSneakers

The SilverSneakers fitness program is the nation's leading exercise program designed exclusively for seniors. Members receive a YMCA membership at no cost! The program includes the use of all three of our facilities and access to the SilverSneakers fitness classes. The program is available to several Anthem, Humana, and Secure Horizons policy holders. Please check with the Welcome Center to see if you qualify! 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® Muscular Strength and Range of Motion Fitness Class

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. Safe, fun, and effective!

SilverSneakers® YogaStretch Class

YogaStretch 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.

Senior Programs

Euchre every Monday at 1:00 p.m. Fill your Monday afternoons with excitement and fun! **Bridge** every Wednesday at 1:00 p.m. Come play Bridge and bring a small snack to share with others. **Movie** on the 3rd Friday of the month at 1:00 p.m. Enjoy a movie and popcorn with old and new friends.

Intro to Fitness and Beyond Learn what happens to your body when you exercise. Learn the proper use of equipment. Learn some of the best methods to improve cardio and muscular fitness– methods, intensities, reps and resistance. This class is open to all adults interested in starting or improving their fitness program.

Arthritis Water Aerobics class with focus on alleviating pain, improving range of motion and assisting in pain management.

Women in Action/Aquadynamics This water aerobics class helps to limber joints, tone muscles, and burn calories without stress on the joints. Once a month there will be a social event or activity.