



Active Adult Schedule

**All classes
FREE to ALL
YMCA members !!!**
Perfect for everyone!

	Monday	Tuesday	Wednesday	Thursday	Friday
9:30	Arthritis	Yoga	Arthritis		Yoga
9:30		Splash		Splash	Walk Off the Pounds
10:30		Experience		Senior Swing	10:15 Experience
10:40	Circuit		Circuit		
11:30		Classic		Classic	

Arthritis ~a low-impact physical activity program proven to reduce pain and decrease stiffness. The routines include gentle range-of-motion exercises, strength and balance work, and endurance training suitable for every fitness level.

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; and a chair is used for seated and/or standing support.

Circuit ~ Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength work with hand-held weights, elastic tubing with handles and a ball is alternated with non-impact aerobic choreography. A chair is offered for support, stretching and relaxation exercises. Hand-held weights ranging from one to eight pounds are appropriate for strength work. Most students begin with the lower weights and progress quickly to heavier weights. Elastic tubing with handles increases in resistance from yellow (3 pounds of resistance) to green (8 pounds of resistance), red (12 pounds of resistance), and blue (16 pounds of resistance). Variable resistance options offer students the opportunity to individualize their workout by increasing or decreasing the intensity level of the strength segment.

Experience ~ is for moderately active older adults who regularly exercise one to two days per week. The class is designed to increase the participants' flexibility, joint stability, dynamic balance, coordination, agility, reaction time, muscular strength and cardiovascular endurance.

Senior Swing ~Swing your way into feeling good & being healthy with this low-impact cardio class.

Splash ~ Activate your aqua exercise urge for variety! SilverSplash® offers LOTS of fun and shallow water moves to improve agility, flexibility and cardiovascular endurance. No swimming ability is required, and a special SilverSneakers® kickboard is used to develop strength, balance and coordination.

Yoga ~ A Yoga class for every body offering safe and effective options to increase flexibility and balance to improve each individual's sense of well being. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

Walk off the Pounds ~ Anyone can do these moves, from simple marches to basic side steps and kickbacks. Join your friends for this easy-to-follow workout with Terri for inspiration and hand weights or tubing to strengthen the upper body.