



ACTIVE OLDER ADULT

YMCA Active Older Adult programs are designed specifically for adults according to their physical needs and may include adults of all ages. Prior to beginning any fitness program the YMCA strongly recommends you consult a physician and complete a YMCA Fitness Assessment. All Active Older Adult classes are free to Full Members unless otherwise noted.

Blood Pressure

Have your blood pressure and heart rate checked by a certified professional. Open to the community.

Friday 9:30–10:30 a.m.

Early Bird Walking

The Gym is available for in-door walking. Bring a friend and get out of the weather.

M–F 7:30–8 a.m.

Silver Streak

A minimum impact, moderate intensity exercise class dedicating 30 minutes to aerobic activity. Balance exercises and strength training segments included. Meets in the Multi–Purpose Room.

M/W/F 10:30–11:30 a.m.

EZ Exercise

Improve posture, balance and flexibility with a combination of basic ballet exercises, jazz steps and expressive movement. A low–impact class for those who want a good workout without the impact. Suitable for teens, adults, and older adults. Upstairs Meeting Room.

Tuesday 9:15–10:15 a.m.

Let’s Dance

Learn various dance techniques from the Waltz to the Two–Step. Class meets in the Multi–Purpose Room.

Monday 12:45–2 p.m.

Music Matters

Calling all music lovers! Bring your singing voice, musical instrument, conducting or writing skills, and let’s make music! Along with fun practice time, Music Matters Band performs throughout the community. Meets in the Multi–Purpose Room.

Wednesday 12:30–2:30 p.m.

Chair Yoga

Increase flexibility and improve balance and coordination through gentle poses and alignment of the body utilizing proper breathing techniques. This class is designed for people who have trouble getting up and down from a mat.

TH 10:30–11:15 a.m.

Core Class

Strengthen your core and improve your flexibility. Suitable for beginners. Meets in the Multi–Purpose Room.

T/TH 10:30–11 a.m.

Land Arthritis Class

Endorsed by the Arthritis Foundation, this class is designed to strengthen the muscle around your joints and improve balance and flexibility. Meets in the Upstairs Meeting Room.

Tuesday 11:15–11:45 a.m.

Zumba Gold

A less strenuous version of the latest dance craze! Have fun while getting a great cardio workout. Meets in the Multi–Purpose Room.

M/W 11:45 a.m.–12:30 p.m.





Pool Pals *Activity Pool*

A comprehensive workout which includes stretching and floating on noodles, as well as low intensity aerobic exercises.

M/F 8–9 a.m.

Pool Buddies *Activity Pool*

A low-impact class with two 15-minute segments dedicated to moderate aerobic activity. After a gradual warm-up, class focuses on flexibility and strengthening activities.

T/TH 8–9 a.m.

Flamingos *Main Pool*

A great combination of water exercises in deep and shallow water. This class will give you a 30-minute workout and then flex and stretch every muscle in your body.

M/W/F 8:30–9:30 a.m. 8–9 a.m.

M&M's *Main Pool*

A self-paced, low-impact water exercise class with an emphasis on exercises to increase your flexibility and balance.

T/TH 8:30–9:30 a.m. 8–9 a.m.

Funquatics *Main Pool*

A vigorous deep-water workout, designed to increase your stamina by combining various water exercises and swimming.

T/TH 9:30–10:30 a.m. 10–10:45 a.m.

Adult Swim Lessons (14 years & up)

For adult participants of all levels looking to overcome a fear of water, improve their stroke, or train for an event. Basic stroke techniques will be covered. See page 16–17 for additional information.

Ai Chi *Main Pool*

Experience a sense of balance and relaxation through Tai Chi in the water. Especially helpful for people with arthritis and other joint/muscle related medical conditions.

T/TH 9:30–10:30 a.m. 10–10:45 a.m.

Polar Bears *Main Pool*

A minimum impact, water exercise class dedicated to 30 minutes of moderate intensity level activity. Class includes exercises in muscle strengthening, flexibility, and balance.

M/W/F 9:30–10:30 a.m. 10–10:45 a.m.

Stroops Troops *Activity Pool*

This gentle muscle strengthening class includes brief periods of exertion and no repetitive pounding of extremities.

M/W/F Noon–12:45 p.m.

Arthritis Aquatics Exercise *Activity Pool*

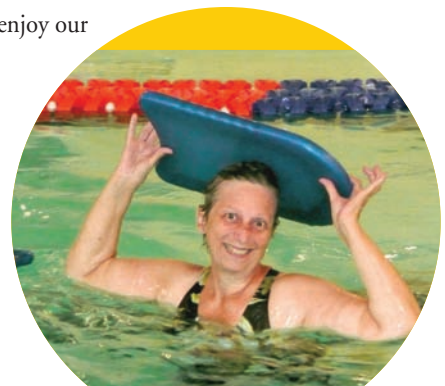
A self-paced class with no repetitive or pounding exercises to the feet, legs, arms or hands. Emphasis will be given to bending, reaching, and extending.

M/W/F 1–1:45 p.m. / 2–2:45 p.m.
T/TH Noon–12:45 p.m.

Senior Water Volleyball *Activity Pool*

Come early or stay late, and enjoy our beach ball water volleyball. Get a fun workout with social interaction.

M/W/F
12:45–1 p.m.
1:45–2 p.m.



SESSIONS & REGISTRATIONS

	SPRING 1 APRIL 13–MAY 9 (4 weeks)	SPRING 2 MAY 11–JUNE 6 (4 weeks)	SUMMER 1 JUNE 22–AUG 1 (6 weeks)	SUMMER A JUNE 22–JUNE 26 (1 week)	SUMMER B JUNE 29–JULY 3 (1 week)	SUMMER C JULY 6–JULY 10 (1 week)	SUMMER 2 AUG 3–SEPT 5 (5 weeks)
Full Registration	April 6	May 4	June 8	June 8	June 22	June 29	July 27
Basic Registration	April 8	May 6	June 10	June 10	June 24	July 1	July 29
Deadline	April 11	May 9	June 20	June 20	June 27	July 4	August 1