

Older Adults Programs



YMCA 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. Basic members pay \$68.50 per six weeks for a 3-day per week class, \$45.75 per six weeks for a 2-day per week class, \$23.00 per six weeks for a 1-day per week class. All Older Adult classes are free to Full Members unless otherwise noted.

Older Adult Class Schedule

Class	Day	Time	Room
Early Bird Walking	M-F	7:30-8:00 am	Gym
Silver Streak	M/W/F	10:30-11:30 am	MPR
Keeping the Beat in your Seat	TH	10:30-11:15 am	MPR
Yoga*	M/F	10:45-11:45 am	UMR
Functional Fitness	T/TH	10:30-11:15 am	MPR/CR

Arts and Humanities

Let's Dance	M	12:30-2:00	MPR
Music Matters	W/F	12:30-2:30 pm	MPR

*Older Adult Yoga is a gentle yoga geared for beginning to intermediate level participants.

BLOOD PRESSURE

Have your blood pressure and heart rate checked every Friday morning from 9:30-10:30 in the main lobby. This free service is provided by a registered nurse and is open to the community.

FUNCTIONAL FITNESS

Learn practical exercises designed to improve and enhance everyday living. This energizing strength training workout utilizes weight equipment and resistance tubes to help participants increase their resting metabolism and redefine their body composition. It also helps prevent bone loss.

Tuesday 10:30-11:15 am

Multipurpose Room and Cardio Room

Thursday 10:30-11:15 am

Multipurpose Room and Cardio Room

EZ EXERCISE

Improve your balance, posture and flexibility in this low impact dance and exercise routine. Have fun while learning some of the basic principles of ballet and jazz dance techniques.

Tuesdays 9:30-10:30 am in UMR

FOCUS ON HEALING

Especially developed for people suffering from Lymphedema, Arthritis, Parkinson's, Chronic Fatigue, Fibromyalgia and cancer related medical issues, this therapeutic exercise program is designed to increase the movement of fluid through the lymphatic system through a series of specific dance movements.

Tuesday 7:00-8:00 pm in UMR

Thursdays 9:30-10:30 am in UMR

Fees: Full Member \$6.00 per class/\$36.00 per session

Basic Member \$15.00 per class/\$72.00 per session

Program \$18.00 per class/\$108.00 per session

MPR = Multipurpose Room

UMR = Upstairs Meeting Room

CR = Cardio Room