



# GROUP EXERCISE SENIOR GROUP EXERCISE SCHEDULE

FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	8:00 - 8:45 a.m. Arthritis Exercise Therapy Pool		8:00 - 8:45 a.m. Arthritis Exercise Therapy Pool		
8:00 - 8:45 a.m. Arthritis Exercise Therapy Pool		8:00 - 8:45 a.m. Arthritis Exercise Therapy Pool		8:00 - 8:45 a.m. Arthritis Exercise Therapy Pool	
8:15 - 9:00 a.m. Morning Fitness Lap Pool		8:00 - 9:00 a.m. Morning Fitness Lap Pool		8:00 - 9:00 a.m. Morning Fitness Lap Pool	
8:15 - 9:00 a.m. Silver Sneakers Group Exercise Studio #2	8:15 - 9:00 a.m. Silver Sneakers Group Exercise Studio #2	8:00 - 10:00 a.m. Pickleball YMCA Gymnasium	8:15 - 9:00 a.m. Silver Sneakers Group Exercise Studio #2	8:15 - 9:00 a.m. Silver Sneakers Chair Yoga Group Exercise Studio #1	
8:45 - 9:30 a.m. Beach Ball Bump Therapy Pool	9:00 - 9:30 a.m. Indoor quick walk YMCA Gymnasium	8:15 - 9:00 a.m. Silver Sneakers Group Ex. Studio # 2	9:00 - 9:30 a.m. Indoor quick walk YMCA Gymnasium		8:15 - 9:15 a.m. Tai Chi Studio # 1
8:00 - 11:30 a.m. Pickleball YMCA Gymnasium		8:30 - 9:30 a.m. Beginner Yoga Studio #1		8:45 - 9:30 a.m. Beach Ball Bump Therapy Pool	
		8:45 - 9:30 a.m. Beach Ball Bump Therapy Pool		8:00 - 11:30 a.m. Pickleball YMCA Gymnasium	
				10:30 - 11:15 a.m. Rhythm through the ages Studio #2	
5:00 - 6:00 p.m. Arthritis Exercise Therapy Pool	5:00 - 6:00 p.m. Warm Zone Aquatone Therapy Pool	5:00 - 6:00 p.m. Get On Board Arthritis Therapy Pool	5:00 - 6:00 p.m. Warm Zone Aquatone Therapy Pool		

Please see class descriptions and information on how to attain Silver Sneakers memberships on back side of schedule.

# Description of Senior Group Exercise Classes

**Arthritis Exercise:** Arthritis Foundation water workouts presented by a certified Arthritis Foundation Instructor. This recreational program includes exercises to improve the participant's overall function and performance of daily task, mobility, gait, independence, flexibility, balance and coordination. Low intensity endurance such as walking is included to prevent chilling. **Class meets in Therapy Pool**

**Beach Ball Bump:** A non instructor lead fun class where therapy pool participants pass a beach ball around. It resembles the game of volley ball. Just come and have some fun. **Class meets Therapy Pool**

**Get on Board/Arthritis:** The same format as our other Arthritis classes with the added tool of a Silver Sneaker Kick Board, to give more toning to the class participants. **Class meets in the Therapy Pool.**

**Indoor Quick Walking:** This 20 minute class held in our basketball gym promises to give you 20 energetic, fun, fast paced minutes of walking to the beat of motivating music. This class is for every fitness level. **Class meets in YMCA Gymnasium**

**Morning Fitness Shallow Water Fitness:** Aerobic conditioning is what this class is all about. Both Cardio and toning done in the Shallow end of the Lap Pool. **Class meets in deep end of Lap Pool**

**Silver Sneakers:** The nations leading exercise program for older adults. Silver Sneakers is a fun energetic class that takes place on land and focuses on strengthening and toning muscles and bones using hand weights and exercise bands. **Class meets in Studio #2**

**Silver Sneakers Chair Yoga:** Yoga style moves done to meditating music with the aid of a chair for balance and joint problems. **Class meets in studio #1.**

**Silver Sneakers:** Silver Sneakers is a program that your medical insurance may provide you so that you can attend the Union County Family YMCA for free based on what policy you carry with your insurance if they provide Silver Sneaker coverage.

**Step by step instructions to see if you are eligible for the Silver Sneaker program:** 1- Contact your insurance provider. 2- Check to see if your provider carries the S.S. benefit, (or you can stop into the Y and we can check the Healthways system to see if your insurance company is a provider of this benefit). 3- Once you sign up for the benefit through your insurance provider they will then send you a membership card. 4-Bring your S.S. membership card into the Y and sign up as a S.S. member through our facility, you will receive all the same benefits as any other member you just will carry a S.S. card versus a Y membership card.

**Beginner Yoga:** Focus is on the basics, learn breathing techniques and basic poses, with simple stretches to increase flexibility. **Class meets in Studio #1**

**Rhythm through the ages:** Similar to our Zumba class this dance class is designed with the senior citizen and beginners in mind, it is modified with less intensity and impact, making it accessible for senior citizens and beginners.

**Class meets in Studio #2**

**Tai' Chi:** This graceful form of exercise is a moving form of yoga and meditation combined. It involves a series of movements preformed in a slow, focused manner. The benefits of this class include: Reduced pain and stiffness, Uplifting of the spirit, Improved muscle strength and joint flexibility, helps improve balance. This class is brought to the YMCA by the Arthritis Foundation. **Class meets in Studio #1**

**Pickleball:** This a sport in which two, three or four players use solid paddles to hit a perforated polymer ball similar to a whiffle ball, over a net. The sport shares features of other racquet sports such as badminton and the rules are similar to tennis (with few modifications).

**Game meets in YMCA Gymnasium**