



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	
8:00 – 11:30 a.m. Pickleball YMCA Gymnasium		8:00 – 10:00 a.m. Pickleball YMCA Gymnasium		8:00 – 11:30 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 Group Exercise Studio #2	8:15 – 9:00a.m. Silver Sneakers Group Ex. Studio # 2	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	8:15 – 9:15 a.m. Tai Chi Studio # 1
		8:30 – 9:15 a.m. Beginner Yoga Studio #1			
	9:00 – 9:30 a.m. Indoor quick walk YMCA Gymnasium		9:00 – 9:30 a.m. Indoor quick walk YMCA Gymnasium		
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 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**

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.**

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

Tai' Chi': This graceful form of exercise is a moving form of yoga and meditation combined. It involves a series of movements performed 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**