

ACTIVE OLDER ADULTS SCHEDULE

Stokes Family YMCA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10:30am-11:15am Water Aerobics Pool/Shallow	10:00am-12:00pm Pickleball Gym Restricted Play/ Learning	9:00am-10:00am Bridge Club Conference Room	10:00am-12:00pm Pickleball Gym Restricted Play/ Learning	10:30am-11:15am Water Aerobics Pool/Shallow
10:30am-11:15am Silver Sneakers Classic Group Exercise Room II Level 1 Beginner Class	10:00am-10:45am Deep Water Class Pool/Deep	10:30am-11:15am Water Aerobics Pool/Shallow	10:00am-10:45am Deep Water Class Pool/Deep	12:00pm-3:00pm Pickleball Gym Open Play
12:00pm-3:00pm Pickleball Gym Open Play	11:00am-11:45am Zumba Gold Group Exercise 1 11:15am-12:00pm Shallow Water Class Pool/Shallow	11:00-11:45am Silver Sneakers Classic Group Exercise Room II Level 1 Beginner Class	11:00am-11:45am Zumba Gold Group Exercise 1 11:15am-12:00pm Shallow Water Class Pool/Shallow	
	5:30-6:15pm Deep Water Class Pool/Deep	12:00pm-3:00pm Pickleball Gym Open Play	5:30-6:15pm Deep Water Class Pool/Deep	

SILVERSNEAKERS® CLASSIC

Have fun and move to the music through a variety of exercises designed to increase muscle strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a SilverSneakers ball are offered for resistance. A chair is used for seated exercises and standing support. This class can be adapted by the student depending on their fitness level and abilities. It is suitable for beginning to intermediate skill levels.

ZUMBA GOLD

Active older adults who are looking for a modified Zumba® class that recreates the original moves you love at a lower-intensity. The design of the class introduces easy-to-follow Zumba® choreography that focuses on balance, range of motion and coordination. Come ready to sweat, and prepare to leave empowered and feeling strong.