

# ACTIVE OLDER ADULTS SCHEDULE

## Wilkes Family YMCA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:00am-7:00am <b>Pickleball</b> Gym/Court 1	5:00am-7:00am <b>Pickleball</b> Gym/Court 1	5:00am-7:00am <b>Pickleball</b> Gym/Court 1	5:00am-7:00am <b>Pickleball</b> Gym/Court 1	5:00am-7:00am <b>Pickleball</b> Gym/Court 1
5:00am-9:00am <b>Pickleball</b> Gym/Court 2	5:00am-9:00am <b>Pickleball</b> Gym/Court 2	5:00am-9:00am <b>Pickleball</b> Gym/Court 2	5:00am-9:00am <b>Pickleball</b> Gym/Court 2	5:00am-9:00am <b>Pickleball</b> Gym/Court 2
8:00am-8:45 <b>Deep Water Extreme</b> Lap Pool	8:30am-9:15am <b>Cardio Splash</b> Sunshine Pool	8:00am-8:45 <b>Deep Water Extreme</b> Lap Pool	8:30am-9:15am <b>Cardio Splash</b> Sunshine Pool	8:00am-8:45 <b>Deep Water Extreme</b> Lap Pool
9:00am-9:45am <b>Aqua Fit</b> Sunshine Pool	9:30am-10:15 am <b>Cardio Dance Party</b> Group Exercise Studio	9:00am-9:45am <b>Aqua Fit</b> Sunshine Pool	9:30am-10:15 am <b>Cardio Dance Party</b> Group Exercise Studio	9:00am-9:45am <b>Aqua Fit</b> Sunshine Pool
10:00am-10:45am <b>Aqua Basics</b> Sunshine Pool		10:00am-10:45am <b>Aqua Basics</b> Sunshine Pool		10:00am-10:45am <b>Aqua Basics</b> Sunshine Pool
	10:30am-11:15am <b>Silver Sneakers Classic</b> Group Exercise Studio	10:30am-11:00am <b>Joy Riders Cycle</b> Group Exercise Studio	10:30am-11:15am <b>Silver Sneakers Classic</b> Group Exercise Studio	10:30am-11:00am <b>Joy Riders Cycle</b> Group Exercise Studio
11:00am-11:45am "Sweat'n'step'n" Sunshine Pool		11:00am-11:45am "Sweat'n'step'n" Sunshine Pool		11:00am-11:45am "Sweat'n'step'n" Sunshine Pool

### SATURDAY

8:00am-10:00am  
**Pickleball**  
Gym/Court 1



## **CARDIO DANCE PARTY**

This is a party full of a variety of dance formats with high energy music that will burn calories and make your workout fun! If you can move, you can groove!

## **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.

## **JOY RIDERS**

An interactive cycle ride for those "seasoned in life". Priority goes to 50+years of age with class sign-up and attendance.