

# ACTIVE OLDER ADULTS SCHEDULE

Robinhood Road Family YMCA

William G. White, Jr. Family YMCA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30am-9:15am Senior Cycle	8:15-9:00am Aqua Basics/ Shallow Water	8:30am-9:30am Senior Cycle		8:30am-9:15am Senior Cycle
8:30am-9:15am Senior Strength Training		9:45am-10:30am Senior Strength Training		
10:45am-11:30am SilverSneakers Classic	10:45am-11:30am SilverSneakers Yoga	10:45am-11:30am SilverSneakers Yoga	10:45am-11:30am SilverSneakers Classic	10:45am-11:30am SilverSneakers Circuit
10:45am-11:30am SilverSneakers Circuit	10:45am-11:30am SilverSneakers Classic	10:45am-11:30am SilverSneakers Classic	10:45am-11:30am SilverSneakers Yoga	
11:00-11:45am Strength & Stretch/Shallow Water		11:45am-12:30pm Aqua Basics/ Shallow Water		11:15-12:00am BOOM
			11:45am-12:30pm Aqua Basics/ Shallow Water	12:05-12:40pm SilverSneakers Classic
	12:30-1:15pm SilverSneakers Circuit		12:30-1:15pm SilverSneakers Circuit	
	1:30-2:30pm Tai Chi		1:30-2:30pm Tai Chi	1:00-2:00pm Tai Chi

Blue = Robinhood Road Family YMCA

Green = William G. White, Jr. Family YMCA



## **SILVER SNEAKERS 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.

## **SILVER SNEAKERS CIRCUIT**

This class offers standing, low-impact choreography alternated with standing upper-body strength work with hand-held weights, elastic tubing with handles and a SilverSneakers ball. A chair is available for support. This class is suitable for nearly every fitness level and can be adapted depending on the skill of individual participants.

## **SILVER SNEAKERS YOGA**

Get ready to move through a complete series of seated and standing yoga poses. Chair support is offered so you can perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity. This class is suitable for nearly every fitness level.

## **BOOM MOVE**

This fun, dance-inspired workout improves cardio fitness with easy-to-follow moves set to energizing music.

## **SENIOR STRENGTH TRAINING**

Using weight based exercises for a safe, heart-healthy and gentle on the joints workout! This class was created to keep active older adults moving at an appropriate pace and increase endurance for activities of daily living.

## **SENIOR CYCLE**

Senior Cycle is a 45 minute interactive ride for those "seasoned in life". Focused on those individuals 50+years of age, any age is encouraged to come!

## **TAI CHI**

Tai Chi involves a series of movements performed in a slow, focused manner and accompanied by deep breathing. Benefits include increased body awareness and mental calmness while improving balance and posture.