

ACTIVE OLDER ADULTS SCHEDULE



Jerry Long Family YMCA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00am-1:00pm Pickleball Gym	8:00am-1:00pm Pickleball Gym	8:00am-1:00pm Pickleball Gym	8:00am-1:00pm Pickleball Gym	8:00am-1:00pm Pickleball Gym
10:15am-11:00am Aqua Basics Program Pool/Shallow	7:15am-8:00am Aqua Basics Program Pool/Shallow	9:15am-10:00am Aqua Fit Program Pool/Shallow	8:30am-9:15am Joy Riders Cycle Cycle Studio	10:15am-11:00am Aqua Basics Program Pool/Shallow
10:30am-11:00am Silver Sneakers EnerChi Group Exercise Studio 2	8:15am-9:00am Aqua Energizers Program Pool/Deep	10:15am-11:00am Aqua Deep/Shallow Combo Program Pool	9:15am-10:00am Aqua Zumba Program Pool/Shallow	10:30am-11:00am Silver Sneakers EnerChi Group Exercise Studio 2
11:15am-12:00pm Silver Sneakers Classic Group Exercise Studio 2	8:30am-9:15am Joy Riders Cycle Cycle Studio	11:15am-12:00pm Aqua Basics Program Pool/Shallow	10:15am-11:00am Water Recovery Program Pool/Shallow	11:15am-12:00pm Silver Sneakers Circuit Group Exercise Studio 2
11:15am-12:00pm Aqua Basics Program Pool/Shallow	9:10am-9:55am Aqua Cardio Conditioning Program Pool	11:15am-12:00pm Silver Sneakers Yoga Group Exercise Studio 2	10:45am-11:30am Zumba Gold Group Exercise Studio 2	12:15pm-1:00pm Silver Sneakers Yoga Group Exercise Studio 2
12:15pm-1:00pm Silver Sneakers Yoga Group Exercise Studio 2	10:15am-11:00am Water Recovery Program Pool/Shallow	12:15pm-1:00pm Silver Sneakers Yoga Group Exercise Studio 2	11:00am-11:45am Water Recovery Plus Program Pool/Shallow	
6:35pm-7:35pm Restorative Yoga Group Exercise Studio 2	11:00am-11:45am Water Recovery Plus Program Pool/Shallow		12:15pm-1:00pm Silver Sneakers Circuit Group Exercise Studio 2	
	1:15pm-2:00pm Silver Sneakers Yoga Group Exercise Studio 2			

SATURDAY

2:00pm-4:50pm
Pickleball
Gym

RESTORATIVE YOGA

Restorative yoga can be an excellent way to relieve stress and enjoy long, meditative stretches. This is a practice that is all about slowing down and opening your body through passive stretching.

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.

SILVERSNEAKERS 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.

SILVERSNEAKERS 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.

SILVER SNEAKERS ENERCHI

Combines easy to learn tai chi forms and qigong exercises to improve well-being through mindful movement. Breathing, movement and meditative exercises create a calm, natural balance of energy

JOY RIDERS

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