

ACTIVE OLDER ADULTS SCHEDULE

Wilkes Family YMCA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:00am-7:00am Pickleball Gym/Court 1	5:00am-7:00am Pickleball Gym/Court 1	5:00am-7:00am Pickleball Gym/Court 1	5:00am-7:00am Pickleball Gym/Court 1	5:00am-7:00am Pickleball Gym/Court 1
5:00am-9:00am Pickleball Gym/Court 2	5:00am-9:00am Pickleball Gym/Court 2	5:00am-9:00am Pickleball Gym/Court 2	5:00am-9:00am Pickleball Gym/Court 2	5:00am-9:00am Pickleball Gym/Court 2
8:00am-8:45 Deep Water Extreme Lap Pool	8:30am-9:15am Cardio Splash Sunshine Pool	8:00am-8:45 Deep Water Extreme Lap Pool	8:30am-9:15am Cardio Splash Sunshine Pool	8:00am-8:45 Deep Water Extreme Lap Pool
9:00am-9:45am Aqua Fit Sunshine Pool	9:30am-10:15 am Cardio Dance Party Group Exercise Studio	9:00am-9:45am Aqua Fit Sunshine Pool	9:30am-10:15 am Cardio Dance Party Group Exercise Studio	9:00am-9:45am Aqua Fit Sunshine Pool
10:00am-10:45am Aqua Basics Sunshine Pool		10:00am-10:45am Aqua Basics Sunshine Pool		10:00am-10:45am Aqua Basics Sunshine Pool
10:30am-11:15am Tai Chi Group Exercise Studio	10:30am-11:15am Silver Sneakers Classic Group Exercise Studio	10:30am-11:00am Joy Riders Cycle Group Exercise Studio	10:30am-11:15am Silver Sneakers Classic Group Exercise Studio	10:30am-11:00am Joy Riders Cycle 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
6:45pm-7:30pm Restorative Yoga Group Exercise Studio		6:45pm-7:30pm Restorative Yoga Group Exercise Studio		

SATURDAY

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



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.

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!

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.

JOY RIDERS

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