

# ACTIVE OLDER ADULTS SCHEDULE

## Winston Lake Family YMCA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10:00am-10:45am <b>Joyriders Cycle</b> Cycle Studio	9:30am-10:15am <b>Silver Sneakers Classic</b> Gym Level 1 Beginner Class	10:00am-10:45am <b>Joyriders Cycle</b> Cycle Studio	9:30am-10:15am <b>Silver Sneakers Classic</b> Gym Level 1 Beginner Class	
	10:15am-11:00am <b>Line Dancing</b> Gym	11:00am-11:45am <b>Strength and Stability</b> Gym	10:15am-11:00am <b>Line Dancing</b> Gym	



## **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.

## **LINE DANCING**

Enjoy a fabulous workout while dancing your way to better health!

## **STRENGTH AND STABILITY**

Geared to improve strength and balance through the use of low intensity movements and exercises.