

# ACTIVE OLDER ADULTS SCHEDULE

## Yadkin Family YMCA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:00am-11:00am <b>Pickleball</b> Gym	5:00am-11:00am <b>Pickleball</b> Gym	5:00am-11:00am <b>Pickleball</b> Gym	5:00am-11:00am <b>Pickleball</b> Gym	5:00am-11:00am <b>Pickleball</b> Gym
9:00am-9:30am <b>BOOM Move</b> Group Exercise Studio	10:00am-10:45am <b>Silver Sneakers Circuit</b> Group Exercise Stu- dio	10:00am-10:45am <b>Silver Sneaker Circuit</b> Group Exercise Stu- dio	9:00am-9:30am <b>BOOM Move</b> Group Exercise Studio	
9:35am-10:05am <b>BOOM Muscle</b> Group Exercise Studio	11:00am-11:45am <b>Strength and Stability</b> Gym		9:35am-10:05am <b>BOOM Muscle</b> Group Exercise Studio	
10:10am-10:40am <b>BOOM Mind</b> Group Exercise Studio			10:10am-10:40am <b>BOOM Mind</b> Group Exercise Studio	
11:00am-11:45am <b>Silver Sneaker Classic</b> Group Exercise Studio			11:00am-11:30am <b>Silver Sneaker Yoga</b> Group Exercise Studio	
			11:00am-11:45am <b>Strength and Stability</b> Gym	
			11:30am-12:00pm <b>Silver Sneakers EnerChi</b> Group Exercise Studio	



## **BOOM MIND**

The best from yoga and Pilates are combined into one fusion class designed to relax the body and mind. The focus is on core muscles, lower-body strength and balance.

## **BOOM MUSCLE**

This class incorporates athletic exercises that boost overall fitness. Move through muscle-conditioning blocks and activity-specific drills to improve strength and functional skill.

## **BOOM MOVE**

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

## **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

## **STRENGTH AND STABILITY**

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