

# ACTIVE OLDER ADULTS SCHEDULE

## William G. White, Jr. Family YMCA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	8:15-9:00am Aqua Basics/ Shallow Water	8:30am-9:30am Cycle		9:00am-3:00pm Pickleball Gym, Court 1
	9:00am-3:00pm Pickleball Gym, Court 1	9:00am-3:00pm Pickleball Gym, Court 1	9:00am-3:00pm Pickleball Gym, Court 1	
9:00am-3:00pm Pickleball Gym, Court 1		10:45am-11:30am SilverSneakers Yoga	10:45am-11:30am SilverSneakers Classic	
10:00am-12:00pm Game Day Lobby				
10:45am-11:30am SilverSneakers Circuit	10:45am-11:30am SilverSneakers Classic			
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

SUNDAY
1:00pm-4:00pm Pickleball Gym, Court 1



## **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.

## **LES MILLS THRIVE**

Les Mills THRIVE is a workout catering to the needs of the active older adult age group. The class is set to familiar music and is designed to cater to a variety of fitness levels, from those who need balance support through to those who are ready to add resistance. We focus on lower body strength to enhance functional stability and walking ability, in conjunction with core strength and flexibility training.

## **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!