

# ACTIVE OLDER ADULTS SCHEDULE

## Statesville Family YMCA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00am-8:45am <b>Senior Fit</b> Group Exercise Studio				8:00am-8:45am <b>Senior Fit</b> Group Exercise Studio
9:30am-11:30am <b>Pickleball</b> Gym 3	9:30am-11:30am <b>Pickleball</b> Gym 3	9:30am-11:30am <b>Pickleball</b> Gym 3	9:30am-11:30am <b>Pickleball</b> Gym 3	9:30am-11:30am <b>Pickleball</b> Gym 3
9:15am-10:00am <b>Aqua Energizers</b> Pool: Deep Water	9:15am-10:00am <b>Aqua Energizers</b> Pool: Deep Water	9:15am-10:00am <b>Aqua Energizers</b> Pool: Deep Water	9:15am-10:00am <b>Aqua Energizers</b> Pool: Deep Water	
10:00am-10:45am <b>Joints in Motion</b> Small Pool	10:00am-10:45am <b>Water Recovery</b> Small Pool	10:00am-10:45am <b>Joints in Motion</b> Small Pool	10:00am-10:45am <b>Water Recovery</b> Small Pool	10:00am-10:45am <b>Joints in Motion</b> Small Pool
	10:00am-11:00am <b>Silver Sneakers Classic</b> Group Exercise Studio		10:00am-11:00am <b>Silver Sneakers Classic</b> Group Exercise Studio	
11:00am-11:45am <b>Strength and Stretch</b> Pool: Shallow Water	10:15am-11:15pm <b>Chair Yoga</b> Mind Body Studio	11:00am-11:45am <b>Senior Fit</b> Group Exercise Studio	10:15am-11:15pm <b>Chair Yoga</b> Mind Body Studio	11:00am-11:45am <b>Strength and Stretch</b> Pool: Shallow Water
11:15am-12:15pm <b>Balance and Coordination</b> Group Exercise Studio	11:15am-12:15pm <b>Silver Sneakers Classic</b> Group Exercise Studio	11:00am-11:45am <b>Strength and Stretch</b> Pool: Shallow Water	11:15am-12:15pm <b>Silver Sneakers Classic</b> Group Exercise Studio	11:15am-12:15pm <b>Balance and Coordination</b> Group Exercise Studio



## **BALANCE AND COORDINATION**

Improve balance, coordination, and functional strength through a series of exercises specialized for older adults.

## **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.

## **SENIOR FIT-CARDIO**

Get up and go with this cardio-based class for you—safe, heart-healthy and gentle on the joints! This class was created to keep active older adults moving at an appropriate pace and increase endurance for activities of daily living.

## **CHAIR YOGA**

A gentle form of yoga that can be done sitting on a chair or standing on the ground while using the chair for support. It is beneficial if you have limited mobility or if you want to practice yoga as a beginner.