

ACTIVE OLDER ADULTS SCHEDULE

Wilkes Express YMCA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Balance and Coordination ST 8:00am	BOOM Muscle 9:00am	Balance and Coordination ST 8:00am	BOOM Muscle 9:00am	Beginner Tai Chi 9:45am
SilverSneakers Classic 10:30am	BOOM Move 9:35am	SilverSneakers Classic 10:30am	BOOM Move 9:35am	Tai Chi 10:30am



BALANCE AND COORDINATION

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

BEGINNER 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.

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.

TAI CHI

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.