

ACTIVE OLDER ADULTS SCHEDULE

Jerry Long Family YMCA



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:00am-1:00pm Pickleball Gym	7:00am-1:00pm Pickleball Gym	7:00am-1:00pm Pickleball Gym	7:00am-1:00pm Pickleball Gym	7:00am-1:00pm Pickleball Gym
7:00am-7:45am Aqua Joggers Program Pool/Deep		7:00am-7:30am Aqua Joggers Program Pool/Deep		8:00-8:45am Aqua HIIT Program Pool/Shallow
8:00-8:45am Aqua Energizers Program Pool/Deep	7:15am-8:00am Aqua Fit Program Pool/Shallow	8:15-9:00am Cardio Fusion Group Ex. Studio 1	8:00-8:45am Aqua HIIT Program Pool/Shallow	8:15-9:00am Cardio Fusion Group Ex. Studio 1
8:30-9:15am Senior Strength Training Group Ex. Studio 2		9:15am-10:00am Aqua HIIT Program Pool/Shallow		8:30-9:00am Senior Strength Training Group Ex. Studio 2
10:15am-11:00am Aqua Fit Program Pool/Shallow	8:00am-8:45am Aqua Energizers Program Pool/Deep	10:15am-11:00am Aqua Fit Program Pool/Shallow	8:30am-9:15am Joy Riders Cycle Cycle Studio	10:15am-11:00am Aqua Fit Program Pool/Shallow
10:20am-11:05am Total Body Sculpt Group Ex. Studio 1		11:15am-12:00pm Strength + Stretch Program Pool/Shallow		10:30am-11:00am Silver Sneakers EnerChi Group Ex. Studio 2
10:30am-11:00am Silver Sneakers EnerChi Group Ex. Studio 2	8:30am-9:15am Joy Riders Cycle Cycle Studio	11:15am-12:00pm Silver Sneakers Yoga Group Ex. Studio 2		11:00am-11:45am Strength + Stretch Program Pool/Shallow
11:15am-12:00pm Silver Sneakers Classic Group Ex. Studio 2	10:15am-11:00am Aqua Basics Program Pool/Shallow	12:15pm-1:00pm Silver Sneakers Classic Group Ex. Studio 2	10:15am-11:00am Aqua Basics Program Pool/Shallow	11:15am-12:00pm Silver Sneakers Circuit Group Ex. Studio 2
11:15am-12:00pm Strength + Stretch Program Pool/Shallow	10:45am-11:30am Zumba Gold Group Ex. Studio 2		10:45am-11:30am Zumba Gold Group Ex. Studio 2	12:15pm-1:00pm Silver Sneakers Yoga Group Ex. Studio 2
	11:00am-11:45am Strength + Stretch Program Pool/Shallow		11:00am-11:45am Strength + Stretch Program Pool/Shallow	
12:15pm-1:00pm Silver Sneakers Yoga Group Ex. Studio 2	12:15pm-1:00pm Silver Sneakers Circuit Group Ex. Studio 2		12:15pm-1:00pm Silver Sneakers Circuit Group Ex. Studio 2	
1:15pm-2:00pm Silver Sneakers Yoga Group Ex. Studio 2	1:15pm-2:00pm Silver Sneakers Yoga Group Ex. Studio 2		1:15pm-2:00pm Silver Sneakers Yoga Group Ex. Studio 2	

RESTORATIVE YOGA

Restorative yoga can be an excellent way to relieve stress and enjoy long, meditative stretches. This is a practice that is all about slowing down and opening your body through passive stretching.

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

JOY RIDERS

An interactive cycle ride for those "seasoned in life". Priority goes to 50+years of age with class sign-up and attendance.