

# ACTIVE OLDER ADULTS SCHEDULE

Jerry Long Family YMCA



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