

ACTIVE OLDER ADULTS SCHEDULE

Wilkes Express YMCA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Balance and Coordination 8:00-8:45am	BOOM Muscle 9:00-9:30am	Balance and Coordination 8:00-8:45am	BOOM Muscle 9:00-9:30am	Balance and Coordination 8:00-8:45am
Gentle/Restorative Yoga 9:00-10:00am	BOOM Move 9:35-10:05am	Gentle/Restorative Yoga 9:00-10:00am	BOOM Move 9:35-10:05am	Tai Chi 10:00-11:00am
SilverSneakers Classic 10:30-11:15am		JoyRiders Cycle 10:00-10:30am		
Chair Yoga 11:30am-12:30pm		SilverSneakers Classic 10:30-11:15am		



BALANCE AND COORDINATION

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

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.

CHAIR YOGA

Chair Yoga is 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.

GENTLE/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.

JOY RIDERS CYCLE

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

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.