

# ACTIVE OLDER ADULTS SCHEDULE

## Kernersville Family YMCA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00am-9:45am <b>Water Aerobics</b> Program Pool/ Shallow	8:00am-8:45am <b>Water Aerobics</b> Program Pool/ Shallow	9:00am-9:45am <b>Water Aerobics</b> Program Pool/ Shallow	10:45am-11:30am <b>Senior Fit-Cardio &amp; Weights</b> Group Exercise Studio	8:00am-8:45am <b>Water Aerobics</b> Program Pool/ Shallow
10:00am-10:45am <b>Water Aerobics</b> Program Pool/ Shallow	10:45am-11:30am <b>Senior Fit-Cardio &amp; Weights</b> Group Exercise Studio	9:45am-10:30am <b>Silver Sneakers Classic</b> Mind Body Studio		9:00am-9:45am <b>Water Aerobics</b> Program Pool/ Shallow
10:45am-11:30am <b>Senior Fit-Cardio</b> South Gym	11:45am-12:30pm <b>Chair Yoga</b> Mind Body Studio	10:00am-10:45am <b>Water Aerobics</b> Program Pool/ Shallow		9:30am-10:15am <b>Silver Sneakers Classic</b> Mind Body Studio Level 1 Beginner Class
11:00am-11:45am <b>Water Aerobics</b> Program Pool/Shallow		10:45am-11:30am <b>Senior Fit-Cardio</b> South Gym		10:00am-10:45am <b>Water Aerobics</b> Program Pool/Shallow
11:45am-12:30pm <b>Line Dancing</b> Group Exercise Studio		11:00am-11:45am <b>Water Aerobics</b> Program Pool/Shallow		10:30am-11:00am <b>Senior Cardio Blast</b> Group Exercise Studio
		11:45am-12:30pm <b>Qi Gong Flow</b> Mind Body Studio		11:00am-11:45am <b>Water Aerobics</b> Program Pool/Shallow

**PICKLEBALL 12-2PM MONDAY-FRIDAY**

### SATURDAY

8:05am-8:50am  
**Water Fitness**  
Program Pool/  
Shallow



## **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.

## **LINE DANCING**

Enjoy a fabulous workout while dancing your way to better health!

## **SENIOR FIT-CARDIO & WEIGHTS**

Get up and go with an aerobics class using weights and cardio based exercises 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.

## **SENIOR CARDIO BLAST**

Get up and go with this 30 MINUTE cardio based. It is safe, heart healthy and gentle on the joints. This class was created to keep older active adults moving at an appropriate pace and increase endurance for activities of daily living.

## **QIGONG FLOW (CHEE KUNG)**

Qi Gong (pronounced “Chee-Kung”) is an ancient Chinese practice that combines gentle movements, breath control, and meditation to enhance the flow of life force energy throughout the body. The practice offers numerous health benefits, making it suitable for people of all ages, and particularly beneficial for older adults. Qigong Flow is a mostly standing class that will incorporate body tapping, gentle stretching, intention, flowing movements and meditation to align energies with the natural world and seasons.

## **WATER AEROBICS**

This is a low impact exercise program. It’s designed to give you an aerobic workout while developing your muscle tone & endurance. This program features strengthening and stretching exercises through warm-up, range of motion, flexibility, functional muscle conditioning, muscle strengthening and toning activities.

## **PICKLE BALL**

Pickleball is a fun, fast-paced paddle sport that mixes elements of tennis, badminton, and ping-pong. It’s played on a smaller court with a perforated plastic ball and paddles, either one-on-one or in doubles, and it’s easy to learn for all ages and skill levels.