

ACTIVE OLDER ADULTS SCHEDULE

Alexander County Family YMCA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		8:15am-8:45am Joy Riders Cycle		
9:00am-9:45am Cardio Fusion	9:30am-10:15am Silver Sneakers Classic	9:00am-9:45am Cardio Fusion	9:30am-10:15am Silver Sneakers Classic	
10:00am-10:45am Pilates	10:30am- 11:30am Chair Yoga		10:30am- 11:30am Chair Yoga	10:00am-10:45am Pilates



CARDIO FUSION

A total body workout "infused" with cardio & toning exercises. Chair Yoga- Replaces yoga mats with chairs to perform yoga poses that improve flexibility and mobility, thus decreasing muscle tightness and discomfort. Designed to meet the needs of seniors, beginners, or those who prefer not to be on the floor.

JOY RIDERS

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

PILATES

A body conditioning routine that helps to not only build flexibility, but also strength, and coordination in the legs, abs, arms, and back. Breathing control and flexibility exercises restore balance, and improve posture and body alignment.

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.