

ACTIVE OLDER ADULTS SCHEDULE

Wilkes Express YMCA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00am-8:45am Balance and Coordination		8:00am-8:45am Balance and Coordination		
	9:00am-9:30am Boom Move		9:00am-9:30am Boom Move	
	9:35am-10:05am Boom Muscle		9:35am-10:05am Boom Muscle	9:45am-10:15am Beginner Tai Chi
10:30am-11:15am Silver Sneakers Classic	10:15am-10:45am Boom Mind	10:30am-11:15am Silver Sneakers Classic	10:15am-10:45am Boom Mind	10:30am-11:15am Tai Chi
11:30am-12:15pm Tai Chi				

BALANCE AND COORDINATION

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

BEGINNER 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.

BOOM MIND

The best from yoga and Pilates are combined into one fusion class designed to relax the body and mind. The focus is on core muscles, lower-body strength and balance.

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.

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.