



the **OLDER ADULTS**

PROGRAMS FOR ACTIVE SENIORS

Water exercise *Mondays, Wednesdays, Fridays: 8:00 am - 9:00 am*
This aquatic class offers an aerobic workout for those requiring lower impact on joints and muscles.

Moving for Better Balance Tai Chi *Tuesdays, Thursdays: 10:15 am – 10:45 am* INTRO TO TAI CHI
Tuesdays, Thursdays: 10:45 am – 11:15 am TAI CHI
The program focuses on prevention of falls with the hope that, through regular practice, Tai Chi will improve one's balance and reduce the likelihood of falling.

Arthricise *Mondays, Wednesdays, Fridays: 10:30 am - 11:30 am*
This is an aquatic exercise class with a wellness concept to help those with arthritis manage symptoms, maintain independence and enjoy life.

Low impact Cardio *Tuesdays, Thursdays: 8:15 am - 9:15 am*
This is a Phase III cardio strength building class for those who need a slower paced, low-impact workout including walking and light upper body weight training. This class is great for older adults and those with limited physical abilities.

Introduction to Stretch-n-Strengthen *Monday, Wednesdays, Friday: 8:30 am - 9:00 am*
This is a 30 minute introduction class designed to lengthen and strengthen muscles using Yoga and Pilates concepts, giving the body its maximum range of movement.

Stretch-n-Strengthen *Mondays, Wednesdays, Fridays: 9:00 am - 10:00 am*
This class is designed to lengthen and strengthen muscles using Yoga and Pilates concepts, giving the body its maximum range of movement.

Indoor walking *Monday- Friday: 5:30 am - 8:00 am and 1:30 pm - 3:00 pm*
Walk in a safe, warm and dry environment and gain the benefits of regular exercise.

ALSO AVAILABLE: **OPEN SWIM, LAP SWIM, and HOT TUB** –please check the schedule at the Front Desk.

COME AND TRY OUT THE **TREADMILLS, ELIPTICALS AND RECUMBENT BIKES**

We are always looking for volunteers to help with our Triathlon, the Klondike Rush and in our youth programs. Please call the YMCA for more information.

Our mission is to put Christian principles into practice through programs that build healthy spirit, mind and body for all.

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