

# ACTIVE OLDER ADULTS SCHEDULE

## William G. White, Jr. Family YMCA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	8:15-9:00am <b>Aqua Basics/ Shallow Water</b>			9:00am-3:00pm <b>Pickleball</b> Gym, Court 1
8:30am-9:15am <b>Les Mills BodyBalance</b>	9:00am-3:00pm <b>Pickleball</b> Gym, Court 1	9:00am-3:00pm <b>Pickleball</b> Gym, Court 1	9:00am-3:00pm <b>Pickleball</b> Gym, Court 1	
9:00am-3:00pm <b>Pickleball</b> Gym, Court 1		10:45am-11:30am <b>SilverSneakers Yoga</b>	10:45am-11:30am <b>SilverSneakers Classic</b>	
10:00am-12:00pm <b>Game Day</b> Lobby				
10:45am-11:30am <b>SilverSneakers Circuit</b>	10:45am-11:30am <b>SilverSneakers Classic</b>			
11:00-11:45am <b>Strength &amp; Stretch/Shallow Water</b>		11:00-11:45am <b>Aqua Basics/ Shallow Water</b>		11:00-11:50am <b>BOOM</b>
			11:45am-12:30pm <b>Aqua Basics/ Shallow Water</b>	12:05-12:40pm <b>SilverSneakers Classic</b>

### SUNDAY

1:00pm-4:00pm  
**Pickleball**  
Gym, Court 1



## **SILVER SNEAKERS 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.

## **SILVER SNEAKERS CIRCUIT**

This class offers standing, low-impact choreography alternated with standing upper-body strength work with hand-held weights, elastic tubing with handles and a SilverSneakers ball. A chair is available for support. This class is suitable for nearly every fitness level and can be adapted depending on the skill of individual participants.

## **SILVER SNEAKERS YOGA**

Get ready to move through a complete series of seated and standing yoga poses. Chair support is offered so you can perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity. This class is suitable for nearly every fitness level.

## **BOOM MOVE**

This fun, dance-inspired workout improves cardio fitness with easy-to-follow moves set to energizing music.

## **LES MILLS BODYBALANCE**

Ideal for anyone and everyone, BODYBALANCE (formerly named BODYFLOW, nothing has changed other than the name) is a new generation yoga class that will improve your mind, your body and your life. You can expect to bend and stretch through a series of simple yoga moves, elements of tai chi/Pilates while an inspiring soundtrack plays in the background. Breathing control is a part of all the exercises, and instructors will always provide options for those just getting started.

## **CYCLE**

Senior Cycle is a 45 minute interactive ride for those "seasoned in life". Focused on those individuals 50+years of age, any age is encouraged to come!

## **SILVER SNEAKERS ENERCHI**

EnerChi is comprised of easy-to-learn, modified Tai Chi forms. Low-impact movements are practiced in a slow, flowing sequence to progress strength, balance and focus. Chair support is offered to facilitate standing stability and seated exercise options.