

# ACTIVE OLDER ADULTS SCHEDULE

## Davie Family YMCA

| MONDAY  | TUESDAY  | WEDNESDAY   | THURSDAY   | FRIDAY   |
|---|--|---|--|--|
| 8:30am-9:15am<br><b>Aquafit</b><br>Shallow  | 9:00am-11:00am<br><b>Pickleball</b><br>Gym   | 9:30am-10:15am<br><b>Aquafit</b><br>Shallow   | 10:00am-10:45am<br><b>Silver Sneakers</b><br><b>Classic</b><br>Mind and Body<br>Studio | 8:30am-9:15am<br><b>Water Aerobics</b><br>Shallow                                      |
| 9:00am-11:00am<br><b>Pickleball</b><br>Gym  | 9:30am-10:15am<br><b>Deep Water</b><br><b>Extreme</b><br>Deep                          | 10:00am-10:45am<br><b>Silver Sneakers</b><br><b>Yoga</b><br>Mind and Body<br>Studio | 9:30am-10:15am<br><b>Deep Water</b><br><b>Extreme</b><br>Deep                          | 9:00am-11:00am<br><b>Pickleball</b><br>Gym   |
| 9:30am-10:15am<br><b>Strength and</b><br><b>Stretch</b><br>Shallow                  | 10:30-11:15am<br><b>Deep Water</b><br><b>Extreme</b><br>Deep                           |   | 10:30-11:15am<br><b>Deep Water</b><br><b>Extreme</b><br>Deep                           | 9:30am-10:15am<br><b>Strength and</b><br><b>Stretch</b><br>Shallow                     |
| 11:00am-11:45am<br><b>Silver Sneakers</b><br><b>Yoga</b><br>Mind and Body<br>Studio | 10:00am-10:45am<br><b>Silver Sneakers</b><br><b>Classic</b><br>Mind and Body<br>Studio |   | 11:00am-11:45am<br><b>Silver Sneakers</b><br><b>Circuit</b><br>Mind and Body<br>Studio | 10:00am-10:45am<br><b>Silver Sneakers</b><br><b>Classic</b><br>Mind and Body<br>Studio |
|   | 11:00am-11:45am<br><b>Silver Sneakers</b><br><b>Circuit</b><br>Mind and Body<br>Studio |   |  |  |

### SATURDAY

8:15am-9:00am  
**Aquafit**  
Shallow



## **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.

## **SILVERSNEAKERS 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.

## **SILVERSNEAKERS 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.