

# ACTIVE OLDER ADULTS SCHEDULE

## Kernersville Family YMCA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00am-9:45am <b>Water Aerobics</b> Program Pool/ Shallow	8:00am-8:45am <b>Water Aerobics</b> Program Pool/ Shallow	9:00am-9:45am <b>Water Aerobics</b> Program Pool/ Shallow	10:45am-11:30am <b>Senior Fit-Cardio &amp; Weights</b> Group Exercise Studio	8:00am-8:45am <b>Water Aerobics</b> Program Pool/ Shallow
10:00am-10:45am <b>Water Aerobics</b> Program Pool/ Shallow	10:45am-11:30am <b>Senior Fit-Cardio &amp; Weights</b> Group Exercise Studio	9:45am-10:30am <b>Silver Sneakers Classic</b> Mind Body Studio Level 1 Beginner Class	12:00pm-3:00pm <b>Pickleball</b> South Gym	9:00am-9:45am <b>Water Aerobics</b> Program Pool/ Shallow
10:45am-11:30am <b>Senior Fit-Cardio</b> South Gym	11:45am-12:30pm <b>Chair Yoga</b> Mind Body Studio	10:00am-10:45am <b>Water Aerobics</b> Program Pool/ Shallow		9:45am-10:30am <b>Silver Sneakers Classic</b> Mind Body Studio Level 1 Beginner Class
11:00am-11:45am <b>Water Aerobics</b> Program Pool/ Shallow	12:00pm-3:00pm <b>Pickleball</b> South Gym	10:45am-11:30am <b>Senior Fit-Cardio</b> South Gym		10:00am-10:45am <b>Water Aerobics</b> Program Pool/ Shallow
12:00pm-3:00pm <b>Pickleball</b> South Gym		11:00am-11:45am <b>Water Aerobics</b> Program Pool/ Shallow		10:45am-11:30am <b>Line Dancing</b> Group Exercise Studio
		12:00pm-3:00pm <b>Pickleball</b> South Gym		11:00am-11:45am <b>Water Aerobics</b> Program Pool/ Shallow
				11:45am-12:30am <b>Senior Fit-Cardio</b> Group Exercise Studio
				1:00pm-3:00pm <b>Pickleball</b> South Gym

### SATURDAY

8:05am-8:50am  
**Water Aerobics**  
Program Pool/  
Shallow



## **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.

## **LINE DANCING**

Enjoy a fabulous workout while dancing your way to better health!

## **SENIOR FIT-CARDIO & WEIGHTS**

Get up and go with an aerobics class using weights and cardio based exercises for you—safe, heart-healthy and gentle on the joints! This class was created to keep active older adults moving at an appropriate pace and increase endurance for activities of daily living.

## **CHAIR YOGA**

This is a gentle form of yoga that's done while seated or using a chair for balance, makes the practice more accessible. In chair yoga, it's possible to move into poses like cat/cow, warrior, sun salutations and forward folds, all while seated.