

# ACTIVE OLDER ADULTS SCHEDULE

**Robinhood Road Family YMCA**

**William G. White, Jr. Family YMCA**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30am-9:30am Cycle	8:15-9:00am Aqua Basics/ Shallow Water	8:30am-9:30am Cycle		8:30am-9:15am Cycle
8:30am-9:15am Senior Strength Training		8:30am-9:15am Senior Strength Training		
10:45am-11:30am SilverSneakers Classic	10:45am-11:30am SilverSneakers Yoga	10:45am-11:30am SilverSneakers Yoga	10:45am-11:30am SilverSneakers Classic	10:45am-11:30am SilverSneakers Circuit
10:45am-11:30am SilverSneakers Circuit	10:45am-11:30am SilverSneakers Classic	10:45am-11:30am SilverSneakers Classic	10:45am-11:30am SilverSneakers Yoga	
11:00-11:45am Strength & Stretch/Shallow Water		11:00-11:45am Aqua Basics/ Shallow Water		11:00-11:50am BOOM
11:45am Silver Sneakers EnerChi			11:45am-12:30pm Aqua Basics/ Shallow Water	11:55am-12:40pm SilverSneakers Classic
	12:30-1:15pm SilverSneakers Circuit		12:30-1:15pm SilverSneakers Circuit	

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## **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.

## **SENIOR STRENGTH TRAINING**

Using weight based exercises for a safe, heart-healthy and gentle on the joints workout! This class was created to keep active older adults moving at an appropriate pace and increase endurance for activities of daily living.

## **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.