

# ACTIVE OLDER ADULTS SCHEDULE

## Wilkes Express YMCA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00am-8:45am <b>Balance and Coordination</b>		8:00am-8:45am <b>Balance and Coordination</b>		
	9:00am-9:30am <b>Boom Move</b>		9:00am-9:30am <b>Boom Move</b>	
	9:35am-10:05am <b>Boom Muscle</b>		9:35am-10:05am <b>Boom Muscle</b>	9:45am-10:15am <b>Beginner Tai Chi</b>
10:30am-11:15am <b>Silver Sneakers Classic</b>	10:15am-10:45am <b>Boom Mind</b>	10:30am-11:15am <b>Silver Sneakers Classic</b>	10:15am-10:45am <b>Boom Mind</b>	10:30am-11:15am <b>Tai Chi</b>



## **BALANCE AND COORDINATION**

Improve balance, coordination, and functional strength through a series of exercises specialized for older adults.

## **BEGINNER TAI CHI**

Involves a series of movements performed in a slow, focused manner and accompanied by deep breathing. Benefits include increased body awareness and mental calmness while improving balance and posture.

## **BOOM MIND**

The best from yoga and Pilates are combined into one fusion class designed to relax the body and mind. The focus is on core muscles, lower-body strength and balance.

## **BOOM MUSCLE**

This class incorporates athletic exercises that boost overall fitness. Move through muscle-conditioning blocks and activity-specific drills to improve strength and functional skill.

## **BOOM MOVE**

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

## **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.

## **TAI CHI**

Tai Chi involves a series of movements performed in a slow, focused manner and accompanied by deep breathing. Benefits include increased body awareness and mental calmness while improving balance and posture.