

ACTIVE OLDER ADULTS SCHEDULE

Davie Family YMCA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30am-9:15am Aquafit Shallow	9:00am-11:00am Pickleball Gym	9:30am-10:15am Aquafit Shallow	10:00am-10:45am Silver Sneakers Classic Mind and Body Studio	8:30am-9:15am Water Aerobics Shallow
9:00am-11:00am Pickleball Gym	9:30am-10:15am Deep Water Extreme Deep	10:00am-10:45am Silver Sneakers Yoga Mind and Body Studio	9:30am-10:15am Deep Water Extreme Deep	9:00am-11:00am Pickleball Gym
9:30am-10:15am Strength and Stretch Shallow	10:30-11:15am Deep Water Extreme Deep	11:00am-11:45am Zumba Gold Mind and Body Studio	10:30-11:15am Deep Water Extreme Deep	9:30am-10:15am Strength and Stretch Shallow
11:00am-11:45am Silver Sneakers Yoga Mind and Body Studio	10:00am-10:45am Silver Sneakers Classic Mind and Body Studio		11:00am-11:45am Silver Sneakers Circuit Mind and Body Studio	10:00am-10:45am Silver Sneakers Classic Mind and Body Studio
	11:00am-11:45am Silver Sneakers Circuit Mind and Body Studio			11:00am-11:45am Zumba Gold Group Exercise 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.