

ACTIVE OLDER ADULTS SCHEDULE

Statesville Family YMCA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00am-8:45am Senior Fit Group Exercise Studio		8:00am-8:45am Senior Fit Group Exercise Studio		8:00am-8:45am Senior Fit Group Exercise Studio
9:30am-11:30am Pickleball Gym 3	9:30am-11:30am Pickleball Gym 3	9:30am-11:30am Pickleball Gym 3	9:30am-11:30am Pickleball Gym 3	9:30am-11:30am Pickleball Gym 3
10:00am-10:45am Joints in Motion Small Pool	10:00am-10:45am Water Recovery Small Pool	10:00am-10:45am Joints in Motion Small Pool	10:00am-10:45am Water Recovery Small Pool	10:00am-10:45am Joints in Motion Small Pool
11:00am-11:45am Strength and Stretch Pool: Shallow Water	10:15am-11:15pm Chair Yoga Mind Body Studio	11:00am-11:45am Strength and Stretch Pool: Shallow Water	10:15am-11:15pm Chair Yoga Mind Body Studio	11:00am-11:45am Strength and Stretch Pool: Shallow Water
	11:15am-12:15pm Silver Sneakers Classic Group Exercise Studio		11:15am-12:15pm Silver Sneakers Classic Group Exercise Studio	11:15am-12:15pm Silver Sneakers Circuit Group Exercise Studio
11:15am-12:15pm Balance and Coordination Group Exercise Studio		11:15am-12:15pm Balance and Coordination Group Exercise Studio		
	4:00-5:00pm Aquafit Pool: Shallow Water		4:00-5:00pm Aquafit Pool: Shallow Water	



BALANCE AND COORDINATION

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

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.

SENIOR FIT-CARDIO

Get up and go with this cardio-based class 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

A gentle form of yoga that can be done sitting on a chair or standing on the ground while using the chair for support. It is beneficial if you have limited mobility or if you want to practice yoga as a beginner.

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.