

# YOLDER ADULTS™

We build strong kids, strong families, strong communities.

## Deep Water Aqua Jog

Location: Competitive Pool  
 Monday/ Wednesday/Saturday 8:00-9:00 AM  
 Monday/Wednesday 6:30-7:30 PM  
 Member FREE Non Member \$45/8 classes

## Healthy Hearts

This class is geared for those who want to keep a healthy heart!! Low intensity water aerobics. Blood pressure and pulse taken prior to class. Location: Family Adventure Waterpark.  
 Monday/ Wednesday/ Friday 6:45-8:00 AM  
 Member FREE Non Member \$45/8 classes

## Joint Effort/Healthy Back

The YMCA and the arthritis Foundation have developed an aquatic exercise for people suffering from arthritis. The water is a great way to mobility and pain free exercise for those suffering from arthritis and chronic back pain. Location: Family Adventure Waterpark.  
 Monday/Wednesday/Friday 10:30 - 11:30 AM  
 Members FREE Non Members \$45/8

## Propulsion Walking

A great resistance workout! Walking or running with or against water current. Location: Family Adventure Waterpark  
 See Family Adventure Waterpark Schedule on page 7 for times.  
 Members FREE Non Members \$45/8 classes

## Active Older Adult Socials

Every second Wednesday of the month, join us for a social gathering. Time and locations may change each month. Call or stop by the YMCA for more information. FREE to all members!

## Card Games

Join the Y staff for a friendly game of cards in the lobby on Fridays from 1-2:PM. **FREE!**

## SilverSneakers Muscular Strength

A variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand held weights, elastic tubing with handles, and a ball are offered for resistance; and a chair is used for seated and/or standing support.  
 Tuesdays and Thursdays 8:00 - 8:55 PM  
 Member FREE Non Member \$45/8 classes



## SilverSneakers YogaStretch

YogaStretch will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

Wednesdays 10:45-11:30 AM  
 Member FREE Non Member \$45/8 classes



## Water Exercise Aquacises

Location: Competitive Pool  
 Mondays through Friday 9:30 -10:30 AM  
 Tuesday/Thursday/Friday 8:00 - 9:00 AM  
 Member Free Non Member \$45/8 classes

## High Intensity Water Aerobics:

Location: Family Adventure Waterpark  
 Monday, Wednesday, Friday 5:30-6:30PM  
 Member FREE Non Member \$45/8 classes



## \*New\* Horseshoes at the YMCA

This is a recreational opportunity for you and your friends to participate in a friendly game of horseshoes.

Location: North of Child Development Center