

YMCA ACTIVE ADULT SCHEDULE



FALL I SESSION
 Sunday August 30th .. Saturday October 24th

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:45 – 8:30am Silver Sneakers MSROM Karen K - 2	7:45 - 8:30am Still in the Game Karen D – 2	7:45 - 8:15 am Sticks & Stretch Karen K - 2	7:45 - 8:30 am Silver Sneakers MSROM Karen D - 2	7:45 – 8:30 am Silver Sneakers Yoga Stretch Karen K - 2		
8:35 - 9:15 Stepping out with Silver Sneakers Karen K*						

*meet in lobby we will walk around the neighborhood

Silver Sneakers® MSROM

Have fun and move to the music through 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 Silversneakers® ball are offered for resistance, and a chair is used for seated and/or standing support.

Still in the Game

Join us for a 45 minute class that will focus on Cardio exercise. We will also incorporate some core and balance work to help improve balance and flexibility.



Stepping Out with Silver Sneakers

Join us as we walk and explore the neighborhood, while getting to know each other.

Silver Sneakers® Yoga Stretch

Yoga Stretch will move your whole body through a 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.

Sticks and Stretch

This class designed for active adults is a whole mind body experience. It captures the essence of movement rhythm and fun while delivering real fitness results. It will also include exercises to improve balance and flexibility.