



ACTIVE OLDER ADULTS SCHEDULE

WESTSIDE FAMILY YMCA

Morning Classes

Active Older Adults Schedule Summer 2017

Begins June 2017 and is subject to change.

WATER Wake Up-This class is a low impact and moderate cardio workout. This is a fun and cheerful way to start your day.

DanZercise-This dance class is specially geared toward active older adults.

SILVER Sneakers® Classic

Move to the music through a variety of exercises designed to increase muscular strength and more. A chair is used for seated and/or standing support.

Water Fitness-This class focuses on low to medium intensity and range of motion, using a variety of equipment and music.

Pi Yo Chi- This class incorporates Yoga, Pilates, and Tai Chi in the water. This class is slow and relaxing, all while building core muscle strength.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00-9:00 WATER FITNESS	8:00-9:00 WATER FITNESS	8:00-9:00 WATER Wake Up	8:00-9:00 WATER FITNESS	8:00-9:00 WATER Wake Up	
	10:00-11:00 PILATES		10:00-11:00 PILATES		10:00-11:00 PILATES
11:00-NOON SILVER SNEAKERS Classic	11:00-NOON SILVER SNEAKERS Classic	11:00-12:00 AOA DANZERCISE	11:00-NOON SILVER SNEAKERS Classic	11:00-NOON SILVER SNEAKERS Classic	
		12:00-1:00 Silver Sneakers YOGA			

Evening Classes

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4:25-5:25 POWER YOGA	4:25-5:25 POWER YOGA	4:25-5:25 POWER YOGA		4:30-5:30 POWER YOGA	
	6:30-7:30 PILATES	6:30-7:30 HATHA YOGA	6:30-7:30 PILATES		
	7:00-8:00 Pi Yo Chi		7:00-8:00 Pi Yo Chi		

YOGA-A mind, body class involving slow movements and postures. Develops discipline, strength, balance and flexibility.

HATHA YOGA—a slow-paced stretching class with some simple breathing exercises and seated meditation. This is a good place to learn basic poses, relaxation techniques, and become comfortable with yoga.

PILATES-Mat Pilates, using core movements and breathing techniques for control. Helps build strong lean muscle and improve posture, flexibility and concentration.