



# ACTIVE OLDER ADULTS SCHEDULE

## WESTSIDE FAMILY YMCA

### Morning Classes

#### Active Older Adults Schedule Fall 2017

Begins September 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
<b>8:00-9:00</b> WATER FITNESS	<b>8:00-9:00</b> WATER FITNESS	<b>8:00-9:00</b> WATER Wake Up	<b>8:00-9:00</b> WATER FITNESS	<b>8:00-9:00</b> WATER Wake Up	
	<b>10:00-11:00</b> PILATES		<b>10:00-11:00</b> PILATES		<b>10:00-11:00</b> PILATES
<b>11:00-NOON</b> SILVER SNEAKERS Classic	<b>11:00-NOON</b> SILVER SNEAKERS Classic	<b>11:00-12:00</b> AOA DANZERCISE	<b>11:00-NOON</b> SILVER SNEAKERS Classic	<b>11:00-NOON</b> SILVER SNEAKERS Classic	
		<b>12:00-1:00</b> Silver Sneakers YOGA			

### Evening Classes

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