



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

ACTIVE OLDER ADULT EXERCISE SCHEDULE

**WEST SIDE FAMILY YMCA
 NOVEMBER 2022**

Monday	Tuesday	Wednesday	Thursday	Friday
Senior Yoga 7:00 am-7:45 am		Senior Yoga 7:00 am-7:45 am		Senior Yoga 7:00-7:45 am
Water Aerobics (Indoor Pool) 8:30 am – 9:30 am	Water Aerobics (Indoor Pool) 8:30am-9:30am	Water Aerobics (Indoor Pool) 8:30 am – 9:30 am	Aqua Hour (Indoor Pool) 8:30am-9:30am	Water Aerobics (Indoor Pool) 8:30 am – 9:30 am
*Spin 8:30am – 9:15am		Pilates 9:30 am-10:15am		*Spin 9:00 am-9:30 am
Kickstart Fitness 10:45am-11:30 am	Kickstart Fitness 10:45am-11:30am	Kickstart Fitness 10:45am-11:30 am	Kickstart Fitness 10:45am-11:30am	Kickstart Fitness 10:45 am-11:30 am
Line Dancing 1:00 pm – 1:45 pm	Senior Yoga 1pm-2pm	Senior Yoga 1:00pm-1:45pm	Senior Yoga 1pm-2pm	
Aqua Hour (Indoor Pool) 1:00pm-2:00pm	Aqua Hour (Indoor Pool) 1:00pm-2:00pm	Water Aerobics 1:00 pm-2:00pm	Aqua Hour (Indoor Pool) 1:00-2:00pm	Aqua Hour (Indoor Pool) 1:00pm-2:00pm

Classes with * require sign-up. Stop at front desk or call 690-9622 no more than 24 hours in advance to sign up.



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CLASS DESCRIPTIONS:

- Barre** Barre brings ballet conditioning, Pilates, yoga, and aerobics together in a moderate level class designed to lengthen, strengthen, and tone the entire body. (45 mins)
- Kick Start Fitness** Kick Start is an intro level class that demystifies fitness by introducing a variety of workout methods and styles to build confidence and comfort for participants new to exercise or returning to a healthy lifestyle. (45 mins)
- Line Dancing** An instructor led class that teaches different line dances. Some old dances and some new dances. Come and try it out! (45 mins)
- Senior Yoga** In senior yoga, chair support is offered to safely perform a variety of seated and standing yoga poses designed to increase flexibility, balance and range of motion. (45 mins)
- Spin:** An instructor leads you on a ride through flats and hills while you control the intensity. This workout is great for all levels. (45 mins)