



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ACTIVE OLDER ADULT EXERCISE SCHEDULE

**PILOT FAMILY YMCA
NOVEMBER 2023**

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	Water Aerobics (Indoor Pool) 8:30am-9:30am	Water Aerobics (Indoor Pool) 8:30 am – 9:30 am
Mobility and Stretch 8:30am – 9:15am		Mobility and Stretch 8:30am-9:15am		*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	Aqua Hour 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)