



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

ACTIVE OLDER ADULT EXERCISE SCHEDULE

**PILOT FAMILY YMCA
 FEBRUARY 2025**

| 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) 8:30 am – 9:30 am | | 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) 1:00 pm-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:

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| 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) |