



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

ACTIVE OLDER ADULT SCHEDULE - Bellingham Activity Center

January 2012

AEROBICS ROOM					
Time	Monday	Tuesday	Wednesday	Thursday	Friday
11:00 a.m. - 12:00 p.m.		Ageless Fitness Tammy		Ageless Fitness Tammy	
1:15 p.m. - 2:15 p.m.	Zumba Gold® Jenny				

MULTIPURPOSE ROOM					
Time	Monday	Tuesday	Wednesday	Thursday	Friday
8:00 a.m. - 8:45 a.m.	Morning Stretch Beth		Morning Stretch Beth		Morning Stretch Beth
9:00 a.m. - 9:55 a.m.		Strength & Tone Robin		Strength & Tone Robin	
9:45 a.m. - 10:30 a.m.	SilverSneakers® YogaStretch Beth		SilverSneakers® YogaStretch Ruby		Balance Class Janet
10:45 a.m. - 11:45 a.m.	SilverSneakers® Cardio Circuit Tammy		SilverSneakers® Cardio Circuit Tammy		SilverSneakers® Cardio Circuit Tammy
11:15 a.m. - 12:00 p.m.		SilverSneakers® YogaStretch Nancy		SilverSneakers® YogaStretch Mary	
12:15 p.m. - 1:15 p.m.		SilverSneakers® Muscular Strength Nancy		SilverSneakers® Muscular Strength Tina	

LARGE POOL					
Time	Monday	Tuesday	Wednesday	Thursday	Friday
9:00 a.m. - 10:00 a.m.	Water Fitness		Water Fitness		Water Fitness
12:00 p.m. - 1:00 p.m.		Water Fitness		Water Fitness	
1:00 p.m. - 2:00 p.m.	Water Fitness		Water Fitness		Water Fitness
6:00 p.m. - 7:00 p.m.			Water Fitness		
7:30 p.m. - 8:30 p.m.	Water Fitness				

For your safety please arrive to class on time and if new to class please inform the instructor.

All classes listed above are included in YMCA Membership.

Classes are open to non-members with the purchase of a day pass, available at the service desk.

Active Older Adult Class Descriptions

Ageless Fitness - Aerobics Room

A low impact fitness class which will help you maintain an active independent lifestyle by improving cardiovascular health, muscular strength, flexibility and balance.

Balance Class- Multipurpose Room

This class is perfect for older adults and others with balance limitations that are looking to improve their static & dynamic balance.

Morning Stretch - Multipurpose Room

A relaxing fitness class that focuses on improving breathing, flexibility and joint mobility.

SilverSneakers® Muscular Strength & Range of Movement (MSROM) - Multipurpose Room

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activity for daily living skills. Hand-held weights, elastic tubing with handles and a ball are offered for resistance and a chair is used for seated and/or standing support.

SilverSneakers® Cardio Circuit - Multipurpose Room

Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength work with hand-held weights, elastic tubing with handles and a ball is alternated with non-impact aerobic choreography. A chair is offered for support, stretching and relaxation exercises.

SilverSneakers® YogaStretch - Multipurpose Room

YogaStretch will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises & a final relaxation will promote stress reduction and mental clarity.

Strength and Tone - Multipurpose Room

A fitness class that incorporates weights, bands, and one's own body weight to strengthen and tone muscles. This class can be modified for a variety of fitness levels.

Water Fitness - Large Pool

These classes can help adults initiate and maintain a healthy lifestyle. Classes are designed to improve cardiovascular fitness, muscular strengthening and endurance, in addition to increasing balance and flexibility for activities of daily living.

Zumba Gold®- Aerobics Room

An exhilarating, easy and effective cardio workout. Great for the active older adult or beginning Zumba participants, modifications will be demonstrated.

Whatcom Family YMCA

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