

May 2010

YACTIVE OLDER ADULTS™

We build strong kids, strong families, strong communities.


AEROBICS ROOM					
Time	Monday	Tuesday	Wednesday	Thursday	Friday
11:00 a.m. - 12:00 p.m.		Ageless Fitness Tammy		Ageless Fitness Tammy	
2:00 p.m. - 3:30 p.m.				Life Exercise Lee	

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 Nancy		
10:45 a.m. - 11:45 a.m.	SilverSneakers® Cardio Circuit Tammy		SilverSneakers® Cardio Circuit Nancy		SilverSneakers® Cardio Circuit Tammy
12:15 p.m. - 1:15 p.m.		SilverSneakers® Muscular Strength Nancy		SilverSneakers® Muscular Strength Tina	
4:30 p.m. - 5:15 p.m.	Tai Chi Lee <i>March 15 - May 10</i>				

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
5:30 p.m. - 6:30 p.m.	Water Fitness		Water Fitness		Water Fitness

Turn over for class descriptions

For more information contact
Healthy Lifestyles Director or Aquatics
Director, at 733-8630

 We build strong kids,
strong families,
strong communities.

www.whatcomymca.org

YACTIVE OLDER ADULTS™

We build strong kids, strong families, strong communities.

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 and flexibility.

Life Exercise - Aerobics Room

Stretching and fluid movement using the jo (Japanese short staff). Some non-competitive partner work.

Morning Stretch - Multipurpose Room

A relaxing fitness class that focuses on improving 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 and 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 strength and tone muscles. This class can be modified for a variety of fitness levels.

Tai Chi - Aerobics Room

A continuation of the introduction to Sun-Style class for those interested in strengthening their practice.

Water Fitness - Large Pool, Morning & Evening Classes

A great class for beginners due to simplicity of moves and the flexibility it allows for the exerciser to adjust the intensity of the workout. Combines cardiovascular and conditioning moves while monitoring heart rate throughout class.

Water Fitness - Large Pool, Afternoon Classes

Incorporates more 'aqua-dumbbells' and a more vigorous routine. Focuses on large muscle groups and enhancing their ability to handle the everyday demands placed on them.

For more information contact
Healthy Lifestyles Director or
Aquatics Director at 733-8630.



We build strong kids,
strong families,
strong communities.

www.whatcomymca.org