



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

Group & Water Fitness Schedule

LYNDEN ACTIVITY CENTER

January 2012

Time	Monday	Tuesday	Wednesday	Thursday	Friday
8:00 a.m. – 9:00 a.m.	Water Fitness		Water Fitness		Water Fitness
9:00 a.m. – 10:00 a.m.		Water Fitness		Water Fitness	
9:30 a.m. – 10:00 a.m.					Chair Zumba Gold® (Gym)
10:00 a.m. – 11:00 a.m.					Standing Zumba Gold® (Gym)
	Water Fitness		Water Fitness		Water Fitness
9:45 a.m. – 10:45 a.m.	SilverSneakers* MSROM (Gym)		SilverSneakers* MSROM (Gym)		

SilverSneakers® Muscular Strength & Range of Movement (MSROM)

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.

Water Fitness

These classes are designed for adults of all ages and abilities. You may workout in shallow or deep water depending on your physical needs and comfort.

Zumba Gold®

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

Whatcom Family YMCA Lynden Activity Center

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