



Group Exercise Classes  
Gymnasium @ Lynden YMCA  
April 16th - April 22nd

100 Drayton Street  
Lynden, WA 98264  
(360) 354-5000

	MON 16	TUE 17	WED 18	THU 19	FRI 20	SAT 21	SUN 22
8am		<b>Indoor Cycle</b> Felicia C or Tara M 8am - 8:45am		<b>Indoor Cycle</b> Tara M 8am - 8:45am	<b>Tai Chi</b> Sandy P 8am - 9am		
9am	<b>SilverSneakers Classic</b> JoAnne B 9:15am - 10:15am	<b>Core and Stretch</b> Paula W 9am - 9:30am	<b>SilverSneakers Classic</b> Tara M 9:15am - 10:15am	<b>Core and Stretch</b> Paula W 9am - 9:30am	<b>SilverSneakers Classic</b> Tara M 9:15am - 10:15am	<b>Youth Gymnastics &amp; Dance</b> Kristina P 9:30am - 12pm	
		<b>SilverSneakers Circuit</b> JoAnne B 9:45am - 10:45am		<b>SilverSneakers Circuit</b> JoAnne B 9:45am - 10:45am			
10am	<b>SilverSneakers Yoga</b> David F 10:30am - 11:15am		<b>SilverSneakers Yoga</b> David F 10:30am - 11:15am		<b>SilverSneakers Yoga</b> David F 10:30am - 11:15am		
11am	<b>Pedaling for Parkinson's</b> Emma W 11:30am - 12:30pm	<b>Weight Loss Program</b> Felicia C 11am - 12pm	<b>Pedaling for Parkinson's</b> Felicia C or Tara M 11:30am - 12:30pm		<b>Pedaling for Parkinson's</b> Felicia C or Tara M 11:30am - 12:30pm		
2pm	<b>LiveStrong</b> Felicia C & Paula W 2:30pm - 3pm		<b>LiveStrong</b> Felicia C & Paula W 2:30pm - 3pm				
3pm	<b>Youth Gymnastics</b> Kristina P 3:30pm - 7:30pm						
4pm			<b>Youth Gymnastics</b> Kristina P 4:30pm - 6:30pm				

Please note that all classes are subject to change due to demand and participation. For your safety, it is recommended you consult your physician prior to starting any exercise program.



## Class Descriptions Lynden YMCA

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**Core and Stretch** - This class will provide a variety of standing and floor work for strengthening the core muscles, followed by a relaxing stretch.

**Indoor Cycle** - Classes use a variety of drills and games to keep riders engaged. All levels welcome. Hard soled shoes and biking shorts suggested to increase rider comfort. Water is key during class, please bring a water bottle.

**LiveStrong** - Must be over the 18, Strong person desire to improve their health and fitness. Attend the full 12 week session. Agree to obtain medical clearance to participate. Must have complete treatment with no evidence of disease.

**Pedaling for Parkinson's** - Must be age 30-75 years and diagnosed with Idiopathic PD. Must complete and submit a signed consent form and medical clearance. PFP participants are first priority, empty bikes may be filled by Y members who would like to participate.

**SilverSneakers Circuit** - Upper body strength work with hand-held weights, elastic tubing with handles and a ball is alternated with non-impact aerobics choreography. A chair is offered for support, stretching and relaxation exercises.

**SilverSneakers Classic** - Move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand weights, resistance bands and a balls for resistance. A chair is used for seated and/or standing support.

**SilverSneakers Yoga** - This class 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 seated and standing postures designed to increase flexibility, balance and range of motion.

**Tai Chi** - This basic Tai Chi class is low impact and puts minimal stress on muscles and joints. All levels welcome.

**Weight Loss Program** - This program discusses the importance of physical activity and nutrition, while also discussing motivation, obstacles and pitfalls that make losing weight (and keeping it off) challenging. Must be 18 years or older. Pre-registration & fee required.

**Youth Gymnastics** - Beginner to advanced gymnastics for kids ages 18 months to 14 years. Beam, bars, tumbling & more. Pre-registration and fee required.

**Youth Gymnastics & Dance** - Youth gymnastics & dance program. Pre-registration & fee required.