



ACHIEVE HEALTH & STRENGTH

Active Older Adult Programs

SENIOR FUNCTIONAL FITNESS TESTING

This test measures the physical ability of adults over the age of 60 to perform everyday activities. A report is provided to assist seniors in setting goals.

BELLINGHAM	FERNDALE	LYNDEN
January 10 April 11 Thursdays 9:00am	Members can make an appointment for testing in Ferndale 360-380-4911	Members can make an appointment for orientations in Ferndale 360-354-5000

FEES FOR ALL SITES: FREE for Y Members
Pre-registration is required.

SENIOR WELLNESS CENTER ORIENTATIONS

An orientation on the Bellingham LifeFitness and cardiovascular equipment and Lynden Matrix equipment for active older adults and SilverSneakers®. Questions regarding free weights, and Bellingham Matrix will be answered if time allows.

BELLINGHAM	FERNDALE	LYNDEN
January 18 February 15 March 15 Fridays 11:00am	Members can make an appointment for orientations in Ferndale 360-380-4911	January 4 February 1 March 1 Fridays 8:00am

FEES FOR ALL SITES: FREE for Y Members
Pre-registration required. 6 participant maximum

SILVERSNEAKERS® CLASSES

SilverSneakers® classes that are included with Y Membership. Day pass required for Program Members. Check out our website, www.whatcomymca.org, for the most current schedules.

SilverSneakers® Classic - 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® Circuit - 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® Yoga - SilverSneakers Yoga 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 movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

WHATCOM FAMILY YMCA

Bellingham Program Center
1256 N. State St, Bellingham
360-733-8630

Ferndale Program Center
5610 Barrett Rd, Ferndale
360-380-4911

www.whatcomymca.org

Lynden Program Center
100 Drayton St, Lynden
360-354-5000