



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# FIND YOUR STRENGTH ACTIVE OLDER ADULTS



THE ALAMANCE COUNTY YMCA  
1346 S. MAIN STREET, BURLINGTON, NC 27215  
(336)395-9622 [ACYMCA.ORG](http://ACYMCA.ORG)

FOR A BETTER US.

# ACTIVE OLDER ADULTS CLASSES

Time:	Monday	Tuesday	Wednesday	Thursday	Friday
10:30	Young at Heart	Silver Circuit	Young at Heart	Silver Circuit	Young at Heart
11:30		Silver Yoga		Silver Yoga	
11:40	Line Dancing		Line Dancing		Line Dancing
12:30			Seated Dance Fitness		
1:30		Silver Sneakers		Silver Sneakers	

- **Young at Heart:** Make friends and have fun while you energize your body and move to the music through a variety of exercises designed to increase flexibility, muscular strength, balance and cardio conditioning.
- **Line Dancing:** Grab a friend or two, get in line, and step in unison to popular tunes and oldies. Great workout for all ages.
- **Seated Dance Fitness:** Intended for all fitness levels and for those who enjoy the chair as a modification. Enjoy the rhythms of music at your own level
- **Silver Circuit:** Functional class alternating low impact cardio with strength, toning, and stretching segments. Emphasis on balance, agility, reflexes, and range of motion in everyday activities.
- **Silver Yoga:** Designed to increase your flexibility and range of motion with an emphasis on breathing, balance and posture. Chair is used-sitting or standing (no floor work)
- **Silver Sneakers:** Class focuses on strengthening muscles and increasing range of movement for daily life activities. Participants use handheld weights, elastic tubing with handles and a Silver Sneakers ball. Often a chair is used for seated exercises or standing support.