



# ACTIVE OLDER ADULTS GROUP CLASS SCHEDULE

## GROUP EXERCISE STUDIO

TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10:30 AM	Young at Heart Maggie	Silver Circuit Becky	Young at Heart Maggie	Silver Circuit Becky	Young at Heart Maggie
11:30 AM	Line Dancing Jerry	Silver Yoga Becky	Line Dancing Jerry	Silver Yoga Becky	Line Dancing Jerry
1:30 PM		Silver Sneakers Maggie		Silver Sneakers Maggie	
2:30 PM					

### \*\* ALL CLASSES LAST ONE HOUR \*\*

**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!

**Silver Circuit:** Functional fitness 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:** This 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. A chair will often be used for seated exercises or standing support.

**QUESTIONS? CONTACT PEYTON JAMES AT [pjames@acymca.org](mailto:pjames@acymca.org)**