



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

AOA GROUP EXERCISE & AQUATIC SCHEDULE

SUMMER 2019: SCHEDULE EFFECTIVE JULY 1, 2019 AND SUBJECT TO CHANGE

YMCA Hours of Operation	Monday	Tuesday	Wednesday	Thursday	Friday
Monday-Thursday 5:30 a.m.-9:00 p.m.	10:10-11:10 Enhance® Fitness A - Consuelo	10:30-11:00 BOOM™ MOVE IT A - Consuelo	10:10-11:10 Enhance® Fitness A - Meghan	10:30-11:00 BOOM™ MIND A - Consuelo	10:10-11:10 Enhance® Fitness A - Lisa
Friday 5:30 a.m.-8:00 p.m.					
Saturday 7:00 a.m.-5:00 p.m.	11:15-12:00 Silver Sneakers® Yoga B - Consuelo	11:15-12:00 Silver Sneakers® Circuit A - Heather	11:15-12:00 Silver Sneakers® Yoga B - Meghan	11:15-12:00 Silver Sneakers® Yoga A - Lisa	11:15-12:00 Silver Sneakers® Yoga B - Dolly
Sunday Closed till Labor Day					
Please REGISTER for classes at the Member Service Desk each month.					
Key to room usage: A – Studio A B – Studio B	9:00-10:00 Senior Swim & Exercise	9:00-9:45 WATERinMOTION Platinum w/ Erika	9:00-10:00 Senior Swim & Exercise	9:00-9:45 WATERinMOTION Platinum w/ Erika	9:00-10:00 Senior Swim & Exercise
Please follow safety guidelines for Wellness classes:	10:15-11:15 WATERinMOTION w/ Erika				
*Bring a water bottle *Pass on class if you are more than 5 minutes late because warm-up is over *Don't leave class in the middle without giving the "thumbs up" to the instructor	12:15-1:00 Arthritis Aquatics		12:15-1:00 Arthritis Aquatics		12:15-1:00 Arthritis Aquatics
	2:00-3:00 Senior Swim & Exercise		2:00-3:00 Senior Swim & Exercise		2:00-3:00 Senior Swim & Exercise
7/16/19	*Classes listed are not exclusively for Seniors		5:30-6:30 WATERinMOTION w/ Erika		

ENHANCE®FITNESS

Join us for Enhance®Fitness, a proven senior fitness and arthritis management program that improves your endurance, strength, balance and flexibility. It reduces your arthritis symptoms with safe, low impact exercises led by certified instructors in a relaxed atmosphere that promotes fun, laughter, friendship and smiles.

SilverSneakers BOOM™ MUSCLE and MOVE IT

Have you hit a fitness plateau? Do you like fast-paced workouts that are done in 30 minutes? Can you handle a challenge? BOOM was developed by leading fitness experts to improve strength, flexibility and endurance in convenient 30-minute workouts. These classes will challenge you, but don't worry: One-handed pushups aren't required.

SilverSneakers® Circuit

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a Silver Sneakers ball are offered for resistance. A chair is available if needed for seated or standing support.

SilverSneakers® YOGA

Tues 9:15-10:15 AM
Takes you through variety of yoga postures with the assistance of a chair for safety and form, to improve posture, body alignment and range of motion. A typical class starts with breath work followed by seated postures, chair assisted standing postures, then seated cool down and relaxation.

Arthritis Aquatics

This class consists of water walking and slow, gentle movements specially designed for arthritis, working on range of motion and muscle strengthening.

Senior Swim & Exercise

For 50 years and up, this class is combined with water walking, exercise, and a cool down in a pool with depth of 4 ½ feet.

WATERinMOTION® & WATERinMOTION Platinum

WATERinMOTION® offers the benefit of a high energy calorie burning workout without the pull that gravity plays on the body. Experience the cross-training effects that **water** provides reducing the impact on your joints, specifically the knees and back. **Platinum®** offers low-impact exercise for active aging adults and deconditioned participants in a fun workout.

CHRONIC DISEASE PREVENTION PROGRAMS

BLOOD PRESSURE SELF-MONITORING PROGRAM

This 4-month evidence-based program helps those with hypertension lower their blood pressure. Individuals will develop a blood pressure self-monitoring routine, learn tips for maintaining cardiovascular health and nutritious eating.

DIABETES PREVENTION PROGRAM

The YMCA Diabetes Prevention Program empowers pre-diabetic adults to make lifestyle changes that will improve their overall health and reduce their chance of developing type 2 diabetes. This community-based lifestyle improvement program takes place in a relaxed classroom setting and meets weekly for 4 months, every other week for 2 months, and monthly for the remainder of the year.

FREEDOM FROM SMOKING

The Freedom from Smoking® program, developed by the American Lung Association, is a 7-week program designed to help people quit tobacco use and develop a smoke-free lifestyle.