

# YOLDER ADULTS™

We build strong kids, strong families, strong communities.

## **Fitness Opportunities for Active Older Adults:**

### **SilverSneakers Muscular Strength & Range of Movement**

**Tuesday and Thursday: 11:15am – 12:00pm**

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 and a SilverSneakers ball are offered for resistance. A chair is used for seated and standing support.

### **SilverSneakers Cardio Circuit**

**Mondays and Wednesday: 11:45am – 12:45pm**

Increase your cardiovascular and muscular endurance with a standing circuit workout that will help you to be fit and have fun! Weights, bands and balls are also used in this class and the chair is offered for support and relaxation. You must be able to stand at least 30 minutes in this class.

### **SilverSneakers YogaStretch**

**Friday: 11:15am**

YogaStretch will move your whole body through a complete series of seated and standing yoga poses to increase flexibility, balance and range of movement. Restorative breathing will promote stress reduction and mental clarity.

### **Gentle Yoga**

**Monday: 10:15am and Monday Evening: 8:00pm**

For yoga beginners and older adults. This class promotes the benefits of yoga without the difficulty of a regular yoga class. Modifications to poses are encouraged. Bring a small towel to help with some of your stretches. The class uses a mat on the floor.

### **Fit for Life**

**Tuesday and Thursday: 8:15 – 9:15am**

For the active older adult that loves to move! This low impact workout will get your heart pumping and work on muscular strength, endurance and flexibility. Fun!

### **Zumba Gold**

**Tuesday: 11:15am – 12:15pm**

Latin Dance with certified Zumba instructors. This workout is choreographed with the older adult in mind. Come samba with us!

### **Tai Chi**

**Tuesdays 1:00pm**

Come practice this ancient art form

## **Water Classes for Active Older Adults:**

**Move & Flex:** Monday & Wednesday: 10:00 – 11:00am

**Stretch & Flex:** Monday Wednesday, Friday: 11:00am – 12:00pm

**Senior Aerobics:** Tuesday & Friday: 12:00 -1:00pm and Monday, Wednesday, Thursday: 2:00 – 3:00pm