



ACTIVE OLDER ADULTS SCHEDULE

APRIL-JUNE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Healthy Back (Tanya) 8:30-9	AOA Yoga MP (Tanvir) 8:30-9:30	Healthy Back (Kerry) 8:30-9		Healthy Back (Tanya) 8:30-9
		Feldenkrais (Karen) 9-10		
Advanced Cardio Gym (Karen) 9:10-9:55	SilverSneakers® MSROM MP (Dave) 9:45-10:30	Advanced Cardio Gym (Karen) 9:10-9:55	SilverSneakers® MSROM MP (Kathy) 9:45-10:30	Advanced Cardio Gym (Karen) 9:10-9:55
Zumba Gold® MP (Gloria) 9:30-10:30	SilverSneakers® MSROM MP (Dave) 10:45-11:30	Tai Chi MP (Ray) 10-11	SilverSneakers® MSROM MP (Kathy) 10:45-11:30	
Strength Gym (Karen) 10-10:30		Strength Gym (Karen) 10-10:30		Strength Gym (Karen) 10-10:30
SilverSneakers® CardioCircuit Gym (Karen) 10:30-11:15		SilverSneakers® CardioCircuit Gym (Karen) 10:30-11:15		Moderate Movement MP (Tanya) 10:30-11:00
SilverSneakers® YogaStretch MP (Anne) 11-11:45				SilverSneakers® YogaStretch MP (Karen) 11-11:45
SilverSneakers® MSROM MP (Kerry) 12:30-1:15	101 Tai Chi MP (Rotating) 12-1	SilverSneakers® MSROM MP (Nisa) 12:30-1:15	SilverSneakers® YogaStretch MP (Tanvir) 11:45-12:30	SilverSneakers® MSROM MP (Dave) 12:30-1:15
SilverSneakers® MSROM MP (Kerry) 1:30-2:15		SilverSneakers® MSROM MP (Nisa) 1:30-2:15		SilverSneakers® MSROM MP (Dave) 1:30-2:15
Senior Fit Pool (Lee) 2-3		Senior Fit Pool (Mary) 2-3		Senior Fit Pool (Lee) 2-3
				Friday Night Dance (Ed & Irene) 7-8:30

Although it is always our intention to follow the scheduled format, classes and/or instructors may change without notice. Please see the Group Exercise, Gym, Group Cycling and Aquatics Schedules and Program Guides for other fitness activities.

CLASS DESCRIPTIONS

ADVANCED CARDIO

This lively low impact workout combines fun movements to improve cardiovascular endurance, with muscular strength and flexibility routines.

FELDENKRAIS

An extraordinary technique, the Feldenkrais Method® uses body-mind exercises to enhance physical awareness and well-being. Benefits include decreasing stress and tension, managing pain, recovering from and avoiding injury, and improving balance and coordination

HEALTHY BACK

This class works to strengthen the lower back and abdominal muscles, increase flexibility and relax the muscles surrounding the spine. Great for all fitness levels.

MODERATE MOVEMENT

A beginning exercise-to-music class designed for low impact conditioning.

SILVER SNEAKERS® —Muscular Strength & Range of Movement

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.

SILVER SNEAKERS®—CARDIO CIRCUIT

Combine fun and 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.

STRENGTH

A class designed to increase muscular endurance and flexibility of the upper and lower body, especially abdominal muscles.

WATER FIT

Walking, running, jumping and a variety of aerobic movements are performed in the pool to increase heart rate and provide both a cardiovascular and strength training workout. A variety of water equipment including dumbbells and noodles are used for conditioning.

YOGASTRETCH

Yogastretch 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 postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and a final relaxation will promote stress reduction and mental clarity.

ZUMBA GOLD

Zumba Gold fuses Latin rhythms in easy to follow moves to create a dynamic workout. Zumba Gold is a great introduction to the Zumba craze.

SOCIAL PROGRAM DESCRIPTIONS

Y KNOT KNIT

Wednesdays 10-Noon

Experts and novices alike are invited to join the knitting group! Bring your own projects or donate your work to outside groups, including Children's Hospital and cancer survivors.

COMPUTER CLASSES

Offered every other month. Learn basic computer skills in Word and Windows and learn how to utilize the internet and email.

OVERLAKE BROWN BAG SEMINAR

Come learn new tips related to senior health "hot topics."

SENIOR CONNECTING TEAM

3rd Wednesday of the month 11:30am-1pm.

Do you have energy and ideas you would like to bring to the senior group? Come visit and see what it is all about! If you are a performing arts enthusiast, bring your input to help schedule future events.

CONTACT INFORMATION

ANNE MCDOWELL

HEALTH & WELL-BEING DIRECTOR

425 990 6973 or amcdowell@seattlemca.org

CHERI PAMER, SENIOR CONNECTOR

425 990 6979 or cpamer@seattlemca.org