



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ACTIVE OLDER ADULTS

COAL CREEK FAMILY YMCA - FEBRUARY 2012

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7		Gentle Yoga-RR 7:00-8:00 (Dorothy)		Gentle Yoga-RR 7:00-8:00 (Dorothy)	AOA Step-WS 7:00-8:00 (Barb)
8	AOA Strength-WS 8:00-8:45 (Alethia)	Water Walking-AQUA 8:00-9:00	AOA Step-WS 8:00-9:00 (Barb)	Water Walking-AQUA 8:00-9:00	SilverSneakers®-Gym2 CARDIO CIRCUIT 8:00-9:00 (Lisa)
	Water Walking-AQUA 8:00-10:00	AOA Yoga-WS 8:15-9:15 (Dorothy)	SilverSneakers®-Gym2 MSROM 8:00-9:00 (Katie)	AOA Yoga-RR 8:15-9:15 (Dorothy)	Water Walking-AQUA 8:00-10:00
	SilverSneakers®-Gym2 MSROM 8:00-9:00 (Barb)				
9	Senior Coffee 9:00-11:00	Senior Coffee 9:00-11:00	Senior Coffee 9:00-11:00	Senior Coffee 9:00-11:00	Senior Coffee 9:00-11:00
		AOA H2O Fit-AQUA 9:00-10:00 (Katie)		AOA H2O Fit-AQUA 9:00-10:00 (Gretchen H/varies)	
		Bridge-LH 9:00-12:00			
		Zumba Gold-GYM 2 9:30-10:30 (Heather)		Zumba Gold-GYM 2 9:30-10:30 (Heather)	
10		Community Group 10:00-1:00		Community Group 10:00-1:00	AOA Strength-WS 10:45-11:30 (Gretchen F)
		SilverSneakers®-WS MSROM 10:45-11:45 (Jo)		Bridge-CC 10:00-12:00	
				AOA Strength-WS 10:45-11:30 (Jo)	
11	Pickle Ball AOA 11:00-1:00 GYM 2	Table Tennis-GYM 2 11:00-1:00			Pickle Ball AOA 11:00-12:00 GYM 2
					AOA Yoga-RR 11:00-12:00 (Tanvir)
12		Arthritis & Injury-AQUA 12:00-1:00 (Cheryl)	Bridge-LH 12:00-3:00	Arthritis & Injury-AQUA 12:00-1:00 (Cheryl)	Water Walking 12:00-1:00
	Water Walking-AQUA 12:00-1:00	Senior Lunch CC Kitchen 12:00	Water Walking-AQUA 12:00-1:00	Senior Lunch CC Kitchen 12:00	
				AOA Pilates 12:00-1:00 (Libby)	
1	Arthritis & Injury-AQUA 1:15-2:15 (Cheryl O)	Tai Chi for Arthritis-WS 1:30-2:30 (Cheryl I)	Arthritis & Injury-AQUA 1:15-2:15 (Cheryl)		Table Tennis-WS 4:30-6:00

COAL CREEK FAMILY YMCA

13750 Newcastle Golf Club Rd, Newcastle, WA 98059
P 425 282 1500 F 425 282 1501 coalcreekyymca.org

Everyone is welcome. Financial assistance is available. The YMCA of Greater Seattle strengthens communities in King and south Snohomish counties through youth development, healthy living and social responsibility.

CLASS DESCRIPTIONS

AOA H2O FIT

Start your day off right with a challenging class that maintains your cardiovascular strength by using the water's buoyancy and resistance. Geared towards ages 50+.

AOA STEP

Enjoy fun, low-impact stepping using different speeds and choreography on and off an adjustable step. Geared towards ages 50+.

AOA STRENGTH

Strengthen and tone your muscles using weights and other resistance equipment. Geared towards ages 50+.

AOA YOGA

Explore the benefits of yoga, an ancient practice of relaxation, breathing techniques and exercise. Combat stress, improve circulation and enhance flexibility for greater overall health. This gentle class focuses on stretching, breathing, balance and coordination. Designed for ages 50 +. **Must bring your own mat.**

ARTHRITIS & INJURY

Those with limited movement are invited to take part in mild water exercises that emphasize range of motion and strength.

BRIDGE

Play a high card that no one else can beat and you just might win a round of Bridge. This rousing card game is open for all, beginners and experts alike.

COMMUNITY GROUP

Come participate in community service projects that benefit hospitals, teens, families, and others in need within our community.

GENTLE YOGA

Focuses on a variety of postures to challenge the body at each individual's level and to focus the mind in a more gentle/introductory way.

PICKLE BALL

Let out your competitive spirit and engage with others in this drop-in style game. Similar but slower paced than tennis, beginners are welcomed and encouraged to participate.

SENIOR COFFEE

Enjoy the company of fellow Y members with a cup of coffee. Its free and available upstairs in the lounge area Monday through Friday, 9am-11am.

SILVERSNEAKERS®

Have fun and move to the music through a variety of exercises using hand-held weights, elastic tubing and a ball. Chair is of-

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ferred for standing and/or seated support.

MSROM - Muscular Strength Range of Motion.

Designed to increase muscular strength, range of movement and activity for daily living skills.

CARDIO CIRCUIT - Upper body strength work alternated with non-impact aerobic choreography.

TABLE TENNIS

Also known as ping-pong, the play demands quick reactions and sharp motor skills. We have up to 4 tables available for play.

SENIOR LUNCH

Get together over a sack lunch with other older adults to socialize, play games, and learn about fun outings and monthly trips.

WATER WALKING

Use walking, running, jumping and a variety of aerobic movements in the shallow end of the pool for a cardiovascular and strength workout.

ZUMBA GOLD

Find out why everyone loves this energizing, Latin-inspired dance exercise class! Get a great cardio workout and learn fun new moves. No dance background needed, and open to all fitness levels. Geared towards ages 50+.

CONTACT INFORMATION

Justin Brewer, Membership Director

P 425 282 1510

E jbrewer@seattleyymca.org

**Come play pickleball on
Mondays and Fridays!**



**11am-1pm i
to more experienced are all welcome...**

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