

Active Older Adults Auburn Valley YMCA • FALL 2009

GROUP EXERCISE

| • • • MORNING CLASSES • • • | | | | | |
|-------------------------------|--|--|--|--|---|
| | Monday | Tuesday | Wednesday | Thursday | Friday |
| 5:45 - 8:00 | Group Cycling Cycling Studio 5:45-6:30 (Bruce) 6:35-7:20 (Steph) | Core Strength & Stretch 6:00-6:45 MPR (Steph) | Group Cycling Cycling Studio 5:45-6:30 (Bruce) 6:35-7:20 (Steph) | | Group Cycling Cycling Studio 5:45-6:30 (Bruce) 6:35-7:20 (Steph) |
| | Water Aerobics Deep and Shallow 8:00-9:00 (Adrienne/Sheenia) (Lap and Activity Pools) | Warm Up & Walk 8:00-9:00 Meet in Lobby | Deep Water Aerobics 8:00-9:00 Activity Pool (Adrienne) | Warm Up & Walk 8:00-9:00 (Meet in Lobby) | Deep Water Aerobics 8:00-9:00 Activity Pool(Adrienne) |
| | Zumba Gold 8:00-9:00 MPR (Jayne) | Water Aerobics (Deep & Shallow) 8:00-9:00 (Adrienne/Jennifer) (Lap and Activity Pools) | Water Aerobics 8:00-9:00 Lap Pool (Sheenia) | Water Aerobics (Deep & Shallow) 8:00-9:00 (Adrienne/Jennifer) (Lap and Activity Pools) | Water Aerobics 8:00-9:00 Lap Pool (Sheenia) |
| 9:00 | Arthritis Water Class & Water Aerobics 9:00-10:00 (Mary/Sheenia) Activity Pool / Lap Pool | Deep Water Aerobics 9:00-10:00 (Adrienne) Activity Pool | Arthritis Water Class 9:00-10:00 (Mary) Activity Pool | Deep Water Class 9:00-10:00 (Adrienne) Activity Pool | Arthritis Water Class 9:00-10:00 (Mary) Activity Pool |
| | Stretch Express 9:00-9:30 (Jayne) MPR | Water Aerobics 9:00-10:00 (Bonnie) Lap Pool | Water Aerobics 9:00-10:00 (Sheenia) Lap Pool | Water Aerobics 9:00-10:00 (Bonnie) Lap Pool | Water Aerobics 9:00-10:00 (Sheenia) Lap Pool |
| | Group Cycling 9:30-10:30 (Allison) Cycling Studio | Group Cycling 9:30-10:30 (Allison) Cycling Studio | | Group Cycling 9:30-10:30 (Val) Cycling Studio | Group Cycling 9:30-10:30 (Allison) Cycling Studio |
| 10:00 | Arthritis Water Class 10:00-11:00 Activity Pool (Mary) | | Arthritis Water Class 10:00-11:00 Activity Pool (Mary) | | Arthritis Water Class 10:00-11:00 Activity Pool (Mary) |
| | Tai Chi 10:30-11:30 RR (CeCe) | | Tai Chi 10:30-11:30 RR (CeCe) | | SilverSneakers® YogaStretch 10:15-11:15 (Margie) RR |
| 11:00 | Sassy Seniors Water Class 11:00-12:00 (Mary) Lap Pool | SilverSneakers® Cardio Circuit 11:00-12:00 (Anita/Elyn/Margie) MPR | Sassy Seniors Water Class 11:00-12:00 (Mary) Lap Pool | SilverSneakers® Cardio Circuit 11:00-12:00 (Anita/Elyn/Margie) MPR | Sassy Seniors Water Class 11:00-12:00 (Mary) Lap Pool |
| • • • AFTERNOON CLASSES • • • | | | | | |
| 12:00 | | SilverSneakers® Muscular Strength & Range of Motion 12:00-1:00 (Anita/Elyn/Margie) MPR | Zumba Gold 12:00-1:00 (Jayne) MPR | SilverSneakers® Muscular Strength & Range of Motion 12:00-1:00 (Anita/Elyn/Margie) MPR | |
| 1:00 | | Arthritis Water Class 1:00-2:00 (Angelique) Activity Pool | SilverSneakers® YogaStretch 1:00-2:00 (Jayne) MPR | Arthritis Water Class 1:00-2:00 (Bonnie) Activity Pool | |
| | Deep Water Aerobics 3:00-4:00 Activity Pool (Tammy) | Therapeutic Yoga 3:00-4:15 (Suzan) RR \$FEE | Deep Water Aerobics 3:00-4:00 Activity Pool (Tammy) | | |
| | | | | | Saturday |
| 5:00 - 6:00 | Beginning Yoga 5:30-6:30 (Suzan) RR | Group Cycling 6:00-7:00 (Tim) Cycling Studio | Beginning Yoga 5:30-6:30 (Katie) RR | Group Cycling 6:00-7:00 (Terry) Cycling Studio | Water Aerobics 9:00-10:00 am Lap Pool (Denise) |
| 7:00 | Deep Water Aerobics & Water Aerobics 7:00-8:00 (Bonnie/Denise) Activity Pool / Lap Pool | Deep Water Aerobics 7:00-8:00 (Bonnie) Activity Pool | Deep Water Aerobics & Water Aerobics 7:00-8:00 (Bonnie/Denise) Activity Pool / Lap Pool | Deep Water Aerobics 7:00-8:00 (Bonnie) Activity Pool | Group Cycling 9:30-10:30 am Cycling Studio (Rotating Instructors) |

GROUP EXERCISE DESCRIPTIONS

Arthritis Water Class: This class is designed to emphasize range of motion and increase mobility and balance. Class accredited by the Arthritis Foundation.

Core Strength: Increases stability and balance by targeting the muscles of the abs, back, legs and other major muscle groups using a variety of equipment and techniques.

Deep Water Aerobics: Uses water resistance to provide a no-impact cardiovascular workout. Resistance weights and gloves are used to increase strength. Float belts are provided for buoyancy.

Group Cycling: Simulating various terrains on a stationary bike is an amazing non-impact cardio workout. This challenging workout is focused on interval training. Since you control the bike tension, the class can be done at many fitness levels.

Sassy Seniors: Water exercise class for strengthening muscles, increasing flexibility and providing a cardiovascular workout.

SilverSneakers® : Cardio Circuit Combine fun with 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. Chairs offered for support & stretching.

SilverSneakers® : Muscular Strength & Range of Movement (MSROM) 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.

SilverSneakers® 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.

Tai Chi: Emphasizes physical meditation and is practiced in a slow, flowing manner. The benefits of practicing this form of Tai Chi are may result in increased flexibility, stress reduction, improved balance and relaxation.

Water Aerobics (Lap Pool): Walking, running, jumping and a variety of aerobic movements are performed to increase the heart rate and provide a cardiovascular and strength training workout while utilizing the water's buoyancy and resistance.

Yoga: An ancient practice that uses a combination of relaxation, breathing techniques and exercise to combat stress, help circulation and movement of the joints. It can be practiced by anyone to achieve greater health.

Beginning Yoga focuses on learning proper alignment to practice safely and effectively and I introduce the newcomer to the wonderful benefits of yoga for mind, body and spirit.

Therapeutic Yoga is a special class for those recovering from injury or illness or those wishing to experience restorative yoga. \$35/mo Facility Members ; \$45/mo Program Members.

Zumba Gold: Fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic workout system. Fast and slow rhythms + resistance training are combined to tone and sculpt your body while burning fat. This class is especially low-impact and beginner-friendly!

FITNESS STUDIO GUIDELINES

- Youth 14 and older may attend any group exercise class without an adult.
- Children under the age of 14 are not allowed in the fitness studio unless they are attending family friendly classes with a parent or guardian.
- Proper aerobic shoes must be worn at all times.
- If you have a preexisting injury or need to have modifications or changes made in your workout, please meet with instructor prior to class so that the instructor can be aware of your needs.
- If you do need to leave class early, please remember to cool-down and stretch

CONTACT INFORMATION

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KEY : \$=Additional fee required
MPR=Multi-purpose Room
RR=Reflection Room

*Although it is always our intention to follow the scheduled format, classes may change without notice when necessary. Classes with low attendance may be removed from schedule.

