



# ACTIVE OLDER ADULTS SCHEDULE

DECEMBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Healthy Back F3 (Tanya) 8:30-9:00		Healthy Back F3 (Kerry) 8:30-9:00		Healthy Back F3 (Tanya) 8:30-9 :00
AOA Cardio Gym (Karen) 9:10-9:55		AOA Cardio Gym (Karen) 9:10-9:55		AOA Cardio Gym (Karen) 9:10-9:55
Zumba 101 F1 (Kristina) 9:15-10:00		Zumba Gold F1 (Laura) 9:00-9:45		Four Square F1-1st & 3rd Friday (Jan) 9:00-10:00
AOA Strength Gym (Karen) 10:00-10:30		AOA Strength Gym (Karen) 10:00-10:30		AOA Strength Gym (Karen) 10:00-10:30
Tai Chi First Section F3 (Stefanie) 11:10-12:10	Adult Recess Gym (Hope) 10:30-11:30	Tai Chi Intermediate F1 (Merrillann) 10:00-11:00	AOA Chair Fitness F2 (Lin) 9:45-10:30	AOA Cardio Dance & Flexibility F1 (Tanya) 10:30-11:00
AOA Chair Yoga F1 (Anne) 11:00-11:45	AOA Chair Fitness F1 (Lin) 10:45-11:30		AOA Chair Yoga F1 (Dorothy) 10:45-11:30	AOA Chair Yoga F1 (Kerry) 11:00-11:45
AOA Chair Fitness F1 (Ettty) 12:30-1:15 pm	Tai Chi Third Section F3 (Stefanie) 12:00-1:00 pm	AOA Chair Fitness F1 (Kerry) 12:30-1:15 pm	Tai Chi Second Section F3 (Stefanie) 12:00-1:00 pm	AOA Chair Fitness F1 (Kerry) 12:30-1:15 pm
AOA Aqua Fitness Pool (Lee) 1:00-2:00 pm	Tai Chi 101 F1 (Merrillann) 1:15-2:15 pm	Aqua Fitness-Mixed Depth Pool (Mary) 12:30-1:30 pm		AOA Aqua Fitness Pool (Lee) 1:00-2:00 pm
Social Dancing West Coast Swing F1 (Alfred & Nursen) 7:15-8:30 pm	Meditation F1 (Vira) 7:45-8:30 pm			

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.  
\$: Register at front desk. Fees apply.

F1=Fitness 1, F2=Fitness 2, F3=Fitness 3, Gym=Gymnasium.

## CLASS DESCRIPTIONS

**ADULT RECESS.** Participants in this group work hard, but they play harder. Hula hoop, boot camp, dance, Pilates, strength, step, dodge ball, jump rope... we do it all!

**AOA CARDIO.** Combine fun with fitness to increase your cardiovascular endurance with a great work out.

**AOA CARDIO DANCE & FLEXIBILITY.** Tailored for older adults, this lively low impact workout combines fun dance moves to improve cardiovascular endurance, strength, and flexibility.

**AOA CHAIR FITNESS.** Have fun and move to the music through a variety of exercises designed to increase strength, range of motion, and activity for daily living. Light hand weights, bands and exercise balls are offered for resistance and a chair is used for seated and/or standing support

**AOA CHAIR YOGA.** Great for people with mobility or balance difficulties. Yoga poses are done standing near or seated in a chair.

**AOA STRENGTH.** Move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living.

**FOUR SQUARE.** A ball game played on a square court divided into quadrants. Easy rules and fun to play! No experience required.

**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.

**MEDITATION.** Train your mind, like you train your body, for the perfect antidote to daily stress. Learn and practice centuries old meditation techniques to relax and increase your overall sense of well-being.

**ZUMBA 101.** A Latin-inspired dance class! Have fun and get a great cardio workout. No dance experience needed, great for all fitness levels. The 101 series provide a slower pace.

**ZUMBA GOLD.** Just as fun as Zumba, just not as fast. Easy to follow steps that help improve balance, strength, and flexibility. Great for beginners!

**SOCIAL DANCING-WEST COAST SWING SERIES.** WCS is a very versatile partner dance, with a wide variety of tempos and music styles you can dance to. This class is progressive. First 15 minutes are a quick catch-up on the basic steps for newcomers. If possible, come with a partner.

**TAI CHI 101.** Learn the fundamentals of Tai Chi, move through the poses slowly while learning the principles behind this martial arts practice. This class is important to anyone who has never done Tai Chi before.

**TAI CHI INTERMEDIATE.** Class for those who have practiced Tai Chi previously. In this class you will practice the whole form and focus on a section in more detail.

**TAI CHI FIRST SECTION.** A system of exercises intended to promote mental focus, physical strength, balance, and coordination of mind and body. This intro class focuses on the first section of the form, working on basic postures and movements, and discussion of the core principles. The Form is presented in a sequential manner, studying one new movement each week. Ideal for those beginning their study of Traditional Yang Family Tai Chi Chuan.

**TAI CHI SECOND SECTION.** For all those who have studied the First Section of Traditional Yang Family Tai Chi Chuan, or with Instructor's permission.

**TAI CHI THIRD SECTION.** For those who have studied the First and Second Sections of Traditional Yang Family Tai Chi Chuan, or with Instructor's permission.

**AOA AQUA FITNESS.** Designed to enhance each individual's quality of life and daily function. Participants utilize the physical properties of the water to enhance agility, range of motion, and cardiovascular conditioning. Instructors help participants develop strength, balance, and coordination. No swimming ability is required as you learn in a format that is safe, fun, and effective.

**AQUA FITNESS-MIXED DEPTH.** Enjoy the benefits of a shallow and deep water workout by using the full length of the pool. Travel and transition from shallow to deep water will enhance your cardiovascular and strength training for a complete workout.

## SOCIAL PROGRAM DESCRIPTIONS

**Y KNOT KNIT.** Wednesdays 10:00am - 12:00pm. 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.

**SENIOR CONNECTING TEAM.** 4th Monday of the month 10:30am - 11:30am. Community Room. Do you have energy and ideas you would like to bring to the senior group? Join us and see what it is all about! If you are a performing arts enthusiast, bring your input to help schedule future events.

**MEET AND GREET.** 4th Friday of the month at 11:45am. Crossroads Food Court. Great way to meet new people and get connected through the Y community.

## CONTACT INFORMATION

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