



ACTIVE OLDER ADULTS

UNIVERSITY FAMILY YMCA
JANUARY-MARCH

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|---|--|--|
| | Hi Lo Aerobics Pocock - Sarah 6:30-7:30 | | Hi Lo Aerobics Pocock - Sarah 6:30-7:30 | |
| | AOA Cardio & Strength Pocock - Larry 8:30-9:15 | AOA Cardio & Strength Pocock - Larry 8:00-8:45 | AOA Cardio & Strength Pocock - Larry 8:30-9:15 | |
| | AOA Yoga Gates - Karen 11:15-12:15 | | AOA Yoga Gates - Karen 11:15-12:15 | |
| AOA Cardio & Strength Pocock-Penelope 11:15-12:00 | AOA Cardio & Strength Pocock - Larry 11:15-12:00 | AOA Cardio & Strength Pocock-Penelope 11:15-12:00 | AOA Cardio & Strength Pocock - Larry 11:15-12:00 | AOA Cardio & Strength Pocock - Penelope 11:15-12:00 |
| Meditation Gates - Bev 11:30 - 12:00 | | Meditation Gates - Bev 11:30 - 12:00 | <i>Knitting Group Community Rm 11:00-12:30</i> | Chair Yoga Pocock - Cindy 12:05-12:50 |
| Yoga- Gentle Gates - Bev 12:15-1:15 | Feldenkrais® Gates - Garth 12:30-1:30 | Yoga—Gentle Gates - Bev 12:15-1:15 | | Feldenkrais® Gates - Garth 12:30-1:30 |
| Chair Yoga Pocock - Cindy 12:15-1:00 | | Chair Yoga Pocock - Cindy 12:15-1:00 | | Tai Chi I * Pocock - Stefanie 2:15- 3:15 *Must Register |
| | Zumba Gold ® Pocock - Agnes 5:30-6:20 | | Zumba Gold ® Pocock - Agnes 5:30-6:20 | Yin Yoga 2nd Fridays of the Month Gates- Jim 5:15-6:45pm Restorative Yoga 3rd Fridays of the month Gates- Bev 5:15-6:45pm |

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

UNIVERSITY FAMILY YMCA

5003 12th Ave NE

P 206 524 1400 F 206 524 8613 seattleyymca.org

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

UNIVERSITY FAMILY YMCA CLASS DESCRIPTIONS

AOA Yoga: focuses on improving body functionality for everyday living. Chairs, blocks, straps, bolsters, and blankets are used to create stability and more openness in the yoga posture.

AOA Cardio & Strength: A cardiovascular and strength workout utilizing a chair for seated and standing support.

Chair Yoga: 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.

Feldenkrais®: Lessons are based on principles of physics, biomechanics and an empirical understanding of learning and human development. Using gentle movement sequences and directed attention, habitual neuromuscular patterns are revealed and alternative movements explored that improve performance in all areas of your life.

Hi/Lo: Experience this cardiovascular workout using high or low impact aerobic movements performed in fun and challenging combinations, and includes strength training for all levels of exerciser.

Intro to Meditation:

Meditation can give you a sense of calm, peace and balance that benefits both your emotional well-being and your overall health. Enjoy group support and various tools will be offered by the instructor.

Tai Chi: Introduce yourself to the martial arts through the slow and graceful movements of Yang Family Tai Chi Chuan. Daily practice of Tai Chi ultimately leads to many benefits including improved posture, coordination, balance, concentration and general energy level.

Yoga– Gentle: Learn and practice the basic poses of yoga, designed to stretch and move through the entire body. Participants should be able to get up and down off of the floor.

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.

Contact Information

Cathy House

Health & Wellness Director

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