



# ACTIVE OLDER ADULTS SCHEDULE

MARCH

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
Zumba Gold F1 (Alisha) 9:00-10:00	Moving for Better Balance \$ F1 (Kristina) 9:00-10:00	Zumba Gold F1 (Laura) 9:00-10:00	Moving for Better Balance \$ F1 (Kristina) 9:00-10:00	Adult 4-Square F1 (1st & 3rd Friday) (Jan) 9:00-10:30
AOA Cardio Gym (Kristina) 9:10-9:55		AOA Cardio Gym (Kristina) 9:10-9:55		AOA Cardio Gym (Kristina) 9:10-9:55
AOA Strength Gym (Kristina) 10:00-10:30		AOA Strength Gym (Kristina) 10:00-10:30		AOA Strength Gym (Kristina) 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 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 (Etty) 12:30-1:15 pm		AOA Chair Fitness F1 (Kerry) 12:30-1:15 pm		AOA Chair Fitness F1 (Kerry) 12:30-1:15 pm
Recreational Bridge F2 (4th week of month) 1:00-3:00	Tai Chi Third Section F3 (Stefanie) 12:00-1:00 pm		Tai Chi Second Section F3 (Stefanie) 12:00-1:00 pm	
AOA Aqua Fitness Pool (Lee) 1:00-2:00 pm	Tai Chi 101 F1 (Merrillann) 1:15-2:15 pm			AOA Aqua Fitness Pool (Lee) 1:00-2:00 pm
Social Dancing English Waltz 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 4-SQUARE.** A ball game played on a square court divided into quadrants. Easy rules and fun to play! No experience required.

**ADULT RECESS.** Come play with us and have all the fun of your childhood playground without the peer pressure! You'll work on your coordination skills while getting your daily exercise by playing games like Toss the Bacon, Bullseye Bounce, Turtle Wushu, Group Juggle, and The Greedy Game amongst other activities.

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

**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.

**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.

**MOVING FOR BETTER BALANCE<sup>\$</sup>.** Improve your balance, mobility, walking, and mental well-being in this adapted Tai Ji Quan program. You'll learn a variety of movements tailored to train balance and controlling body movements for performing daily activities. Fees apply.

**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-ENGLISH WALTZ SERIES.** English (or Slow) Waltz is an International Standard Ballroom dance with soft and flowing movements that's ideal for cruises, weddings, and other social events.

**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.

## SOCIAL PROGRAMS

Did you know that the Y has it all? Grab a copy of the Active Older Adults Calendar for all social activities, walks, winter recreation and more at the front desk. Or get on our monthly email to receive a digital copy sent to you. Contact [cpamer@seattlemca.org](mailto:cpamer@seattlemca.org) and she will add you to our email list.

## CONTACT INFORMATION

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