



ACTIVE OLDER ADULTS SCHEDULE

JULY

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		Tai Chi Intermediate F1 (Merrillann) 10:00-11:00	AOA Chair Fitness F1 (Lin) 10:00-10:45	
AOA Chair Yoga F1 (Anne) 11:00-11:45	AOA Chair Fitness F1 (Lin) 10:45-11:30		AOA Chair Yoga F1 (Dorothy) 11:00-11:45	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 pm	Tai Chi Third Section F3 (Stefanie) 12:00-1:00 pm		Tai Chi Second Section F3 (Stefanie) 12:00-1:00 pm	NEW! Step By Step Dance Hits Workshop \$ F1 (Teresa) 1:30-2:30 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 Rumba F1 (Alfred & Nursen) 7:15-8:30 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.

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.

STEP BY STEP DANCE HITS WORKSHOP⁵. Learn easy to follow choreographies to popular Motown, Disco, Latin & Swing music of the past and present. A great way to exercise your mind and body, and dance socially without needing a dance partner. Fees apply.

MOVING FOR BETTER BALANCE⁵. 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-RUMBA. This is a Latin dance style characterized by its slow rhythms and hip movements. This series go from July 1 to September 30. We start a new dance style series every two/three months. The next one will be Salsa (October 1 to November 30).

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 and she will add you to our email list.

BOOK CLUB. Join us the 1st Thursday of every month, 1:30-2:30 pm in the Community Room.

- We will take a break for summer and will be back in September. If you want to learn more about this Book Club please contact Cheri - cpamer@seattlemca.org

CONTACT INFORMATION

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