



ACTIVE OLDER ADULTS SCHEDULE

SEPTEMBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AOA Core Strength F3 (Tanya) 8:30-9:00		AOA Core Strength F3 (Kerry) 8:30-9:00		AOA Core Strength 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 Fitness Gym (Kristina) 9:10-9:55		AOA-Cardio Fitness Gym (Kristina) 9:10-9:55		AOA-Cardio Fitness 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 Second Section F3 (Stefanie) 11:10-12:10		Tai Chi & Qi Gong F1 (Merrillann) 10:00-11:00	AOA-Chair Strength F1 (Lin) 10:00-10:45	
AOA-Chair Yoga F1 (Anne) 11:00-11:45	AOA-Chair Strength 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 Strength F1 (Etty) 12:30-1:15 pm		AOA-Chair Strength F1 (Kerry) 12:30-1:15 pm		AOA-Chair Strength F1 (Kerry) 12:30-1:15 pm
Game Time: Recreational Bridge Dominoes F2 (2nd & 4th week) 1:00-3:00 pm	Tai Chi Third Section F3 (Stefanie) 12:00-1:00 pm		NEW! Tai Chi First Section F3 (Stefanie) 12:00-1:00 pm	
AOA-Aqua Fitness Pool (Lee) 1:00-2:00 pm	Tai Chi & Qi Gong F1 (Merrillann) 1:15-2:15 pm			AOA-Aqua Fitness Pool (Lee) 1:00-2:00 pm
Social Dance Rumba F1 (Alfred & Chris) 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.

AOA-CARDIO FITNESS. Combine fun with fitness to increase your cardiovascular endurance.

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

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

AOA-CHAIR YOGA. This gentle class combats stress, improves circulation and enhances flexibility through gentle relaxing poses and breathing techniques. Ideal for those with mobility and balance challenges – all postures are done standing near or seated in a chair.

AOA CORE STRENGTH. Increase stability and balance using a variety of equipment and techniques targeting your core muscles – abs and back.

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 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.

SOCIAL DANCE-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 & QI GONG. The simplified form practiced in this class combine slow, deliberate movements, meditation, and breathing exercises. Participants will move from posture to posture in a slow, rhythmic manner with great emphasis on proper breathing and relaxation. This class helps increase circulation, balance, alignment, and energy.

TAI CHI FIRST SECTION. 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.

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!

AOA-AQUA FITNESS. This adult group water fitness program is designed to enhance each individual's quality of life and daily function. Active Older Adults utilize the physical properties of the water to enhance agility, range of motion, and cardiovascular conditioning. Instructors help participants develop strength, balance and coordination. The class format is safe, fun, and effective. No swimming ability is required.

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.

- September: The Invention of Wings by Sue Monk Kidd, author of the Secret Life of Bees
- October: Boys In the Boat by Daniel James Brown
- If you want to learn more about this Book Club please contact Cheri - cpamer@seattlemca.org

CONTACT INFORMATION

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