



# ACTIVE OLDER ADULTS SCHEDULE

OCTOBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AOA Core Strength F3 (Kathy) 8:30-9:00		AOA Core Strength F3 (Laura) 8:30-9:00		AOA Core Strength F3 (Kathy) 8:30-9 :00
Zumba® Gold F2 (Staff) 9:00-10:00		Zumba® Gold F2 (Reyna) 9:00-10:00		Adult 4-Square F1 (1st & 3rd Friday) (Jan) 9:00-10:30
Aerobics - Hi-Lo Gym (Kristina) 9:10-9:55		Aerobics - Hi-Lo Gym (Kristina) 9:10-9:55		Aerobics - Hi-Lo Gym (Kristina) 9:10-9:55
AOA-Strength Gym (Kristina) 10:00-10:30	AOA-Chair Strength F1 (Lin) 10:45-11:30	AOA-Strength Gym (Kristina) 10:00-10:30	AOA-Chair Strength F1 (Lin) 10:00-10:45	AOA-Strength Gym (Kristina) 10:00-10:30
AOA-Chair Yoga F1 (Anne) 11:00-11:45	<b>NEW! AOA-Nia</b> F1 (Vicci) 11:45-12:30 Starts on Oct. 8	Tai Chi & Qi Gong F1 (Merrillann) 10:00-11:00	AOA-Chair Yoga F1 (Dorothy) 11:00-11:45	AOA-Chair Yoga F1 (Leah) 11:00-11:45
Stretching F3 (Patti) 11:30-12:00		Stretching F3 (Patti) 11:30-12:00		Sing4Fun Conf Room (Linda) 11:00-11:45
AOA-Chair Strength F1 (Kristina) 12:00-12:45 pm		AOA-Chair Strength F1 (Etty) 12:00-12:45 pm		AOA-Chair Strength F1 (Lin) 12:00-12:45 pm
Tai Chi Second & Third Section F3 (Stefanie) 1:30-2:30	Tai Chi & Qi Gong F1 (Merrillann) 1:15-2:15 pm		Tai Chi First Section F3 (Stefanie) 12:00-1:00 pm	
Game Time: Recreational Bridge & Dominoes F2 (Cheri) 1:00-3:00 pm				
AOA-Aqua Fitness Pool (Lee) 1:00-2:00 pm				AOA-Aqua Fitness Pool (Lee) 1:00-2:00 pm
Social Dance F1 (Alfred) 7:30-8:30 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.

F1=Fitness 1, F2=Fitness 2, F3=Fitness 3, Gym=Gymnasium. \$: Register at front desk. Fees apply.

## 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-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.

**AOS-NIA.** Enhance your physical, mental, emotional and spiritual well-being through the expressive movements of NIA, a mind, body, spirit fitness and lifestyle practice. A chair is used for seated or standing support.

**AEROBICS – HI-LO.** Strengthen your heart and lungs with this vigorous workout. Great for all 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.

**SOCIAL DANCE.** Learn various ballroom, and other partner dances, including salsa, rumba, and west coast swing at a relaxed pace. Classes are informal and suitable for beginners of all ages. No partner needed.

**STRETCHING.** Stretch your muscles, calm your mind, help with injuries and soothe tension.

**SING4FUN.** Join our Singing Group! No experience required. We do breathing and warm-up exercises at the beginning followed by some singing in a fun casual way!

**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.

**TAI CHI SECOND SECTION.** For all those who have studied the First Section of Traditional Yang Family Tai Chi, 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, 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](mailto: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. If you want to learn more about this Book Club please contact Cheri – [cpamer@seattlemca.org](mailto:cpamer@seattlemca.org)

## CONTACT INFORMATION

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