



# Active Older Adults Schedule Fall 2019



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>Aqua Fitness</b> 8:00-9:00/Donna Pool	<b>Aqua Fitness</b> 8:00-9:00/Sarah Pool	<b>Aqua Fitness</b> 8:00-9:00/Sarah Pool	<b>Aqua Fitness</b> 8:00-9:00/Sarah Pool	<b>Aqua Fitness</b> 8:00-9:00/Donna Pool	<b>Aqua Fitness</b> 8:00-9:00/ Sarah
	<b>Aqua Fitness</b> 9:00-10:00/Catherine Pool	<b>Aqua Fitness</b> 9:00-10:00/Vanessa Pool	<b>Aqua Fitness</b> 9:00-10:00/Catherine Pool	<b>Aqua Fitness</b> 9:00-10:00/Sarah Pool	<b>Aqua Fitness</b> 9:00-10:00/Michelle Pool	
	<b>Enhance®Fitness</b> 8:15-9:15/Pat Group Wellness Studio	<b>Pilates Mat</b> 8:15-9:15/Jan Reflection Studio	<b>Enhance®Fitness</b> 8:15-9:15/Pat Group Wellness Studio	<b>AOA Cardio Dance</b> 8:15-9:15/Bengie Group Wellness Studio	<b>Enhance®Fitness</b> 8:15-9:15/Pat Group Wellness Studio	
	<b>AOA Cardio Dance</b> 8:15-9:15/Bengie Family Wellness Studio	<b>Meditation</b> 8:15-9:15/Cindy Family Wellness Studio	<b>Yoga - All Levels</b> 8:15-9:30/Miku Reflection Studio			
	<b>Yoga - All Levels</b> 8:15-9:15/Jessica Reflection Studio	<b>Pilates Mat</b> 9:30-10:30/Marni Reflection Studio				
	<b>Yoga - All Levels</b> 9:45-11:00/Heather Reflection Studio		<b>Yoga - Restorative</b> 9:45-11:00/Heather Reflection Studio			
	<b>Dance Fitness</b> 10:00-11:00/Bengie Gym		<b>Dance Fitness</b> 10:00-11:00/Bengie Gym		<b>Dance Fitness</b> 10:00-11:00/Bengie Gym	
	<b>AOA Strength</b> 10:45-11:30/Christin Group Wellness Studio	<b>AOA Strength</b> 10:45-11:30/Pat Group Wellness Studio	<b>Pedaling for Parkinson's*</b> 10:45-11:45/David Cycle Studio	<b>AOA Strength</b> 10:45-11:30/Bengie Group Wellness Studio	<b>Pedaling for Parkinson's*</b> 10:45-11:45/Tiffany	
	<b>Pedaling for Parkinson's*</b> 10:45-11:45/David Cycle Studio	<b>Yoga - All Levels</b> 10:45-11:45/Marni Reflection Studio			<b>AOA Chair Yoga</b> 11:00-12:00/Carolynne Family Wellness Studio	
	<b>Dance Fitness</b> 11:45-12:45/Bengie Group Wellness Studio	<b>AOA Circuit</b> 11:45-12:30/Pat Group Wellness Studio	<b>Dance Fitness</b> 11:45-12:45/Bengie Group Wellness Studio		<b>Dance Fitness</b> 11:45-12:45/Bengie Group Wellness Studio	
	<b>Arthritis &amp; Injury</b> 12:00-1:00pm/Donna	<b>Arthritis &amp; Injury</b> 12:00-1:00pm/Catherine	<b>Arthritis &amp; Injury</b> 12:00-1:00pm/Donna	<b>Arthritis &amp; Injury</b> 12:00-1:00pm/Catherine	<b>Arthritis &amp; Injury</b> 12:00-1:00pm/Donna	
	<b>Tai Chi</b> 1:00-2:00/Barbara Family Wellness Studio	<b>Movement for Better Balance</b> 1:00-2:00/Barbara Family Wellness Studio	<b>Tai Chi</b> 1:00-2:00/Barbara Family Wellness Studio		<b>Movement for Better Balance</b> 1:00-2:00/Barbara Family Wellness Studio	
		<b>LIVESTRONG™ at the Y*</b> 2:00-3:00/Toshiko Group Wellness Studio	<b>Chair Yoga</b> 2:15-3:15/Carolynne Group Wellness Studio	<b>LIVESTRONG™ at the Y*</b> 2:00-3:00/Toshiko Group Wellness Studio		
		<b>Yoga Gentle</b> 5:00-6:15/Cindy				
	<b>Aqua Fitness</b> 6:45-7:45/Donna Pool		<b>Aqua Fitness</b> 6:45-7:45/Catherine Pool			

**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.

## **Class Descriptions:**

**Aqua Fitness:** Aqua classes use water resistance and depth to minimize impact to joints and back while improving strength, mobility, flexibility, and endurance.

**Arthritis & Injury:** Exercises to improve balance, flexibility, mobility and range-of-motion. Exercises are done in shallow water and focus on activities of daily living, moving a joint through your range of motion and holding it to feel a gentle stretch in the muscle.

**AOA Cardio Dance:** Tailored for older adults, this lively low impact workout combines fun dance movements to improve cardiovascular endurance, strength and flexibility.

**AOA Circuit:** Increase stamina and strength for daily living with a standing circuit workout. The class alternates between light weights and non-impact aerobics for a fun workout. Chairs are offered for support, stretching and relaxation exercises.

**AOA Strength:** Move to the music through a variety of chair-based exercises designed to increase muscular strength, range of movement and activity for daily living skills.

**Dance Fitness:** Enjoy easy to learn dance choreography that gets your heart pumping to the latest hits, including hip hop, pop and more.

**Enhance@Fitness:** Maintain health and function through dynamic cardiovascular exercise, strength training, balance, and flexibility. Helping active older adults at all levels of fitness become more active, energized, and empowered to sustain independent lives.

**\*LIVESTRONG:** A 12-week physical activity program designed to get survivors back on their feet. Survivors participate in free customized exercise regimens catered to their individual needs from certified fitness instructors.

**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 wellbeing.

**Moving for Better Balance:** Improve your balance, mobility, walking and mental wellbeing in this adapted Tai Ji Quan program. You'll learn a variety of movements tailored to train, balance and control body movements for performing daily activities. Participants are encouraged to wear comfortable clothing and shoes. Chairs will be available.

**\*Pedaling for Parkinson's:** For patients and caregivers. We provide a cycling training program designed to keep your heart rate up for a set amount of time which has been proven to improve overall motor function of Parkinson's patients.

**Yoga All Levels:** Explore the benefits of yoga, an ancient practice of relaxation, breathing techniques and exercise. Combat stress, improve circulation and enhance flexibility for greater overall health.

**Yoga Gentle:** This relaxing and energizing class takes traditional yoga poses and modifies them with an emphasis on a slower pace accompanied by the breathing and stilling the mind.

**Yoga Restorative:** A passive style of yoga with longer hold times. Allows for deeper relaxation and a calmer mind.

**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. Classes with an asterisk: Register at Membership Desk. Fees may apply.**

## **Contact Information:**

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