



# ACTIVE OLDER ADULTS



**WINTER  
SESSION**

January 7  
to March 3



**GREATER VALLEY YMCA, BETHLEHEM BRANCH**

[gv-ymca.org](http://gv-ymca.org)



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

**WINTER SESSION**  
**JAN 7 TO MAR 3**

REGISTER ONLINE  
OR AT THE  
WELCOME CENTER!



The Y has fitness classes specifically designed for older adults. They give participants an opportunity to stay physically active or in some cases, to overcome their fear of exercise and begin being physically active.

**AM ADULT FITNESS**

Low Impact aerobics which includes weight training, toning, and stretching.

Mon/Wed/Fri 8:30 AM to 9:30 AM

**SILVERSNEAKERS® BOOM MUSCLE**

A class that incorporates athletic based exercises that improve upper body conditioning. You will work through blocks which are groups of exercises that focus on different muscle groups.

Wednesday 10:45 AM to 11:30 AM

**SILVERSNEAKERS® CLASSIC**

Move your way through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand weights, elastic tubing with handles and a SS ball are offered for resistance. Chair is available for support.

Mon/Wed/Fri 10:45 AM to 11:30 AM

**SILVER SNEAKER® YOGA**

Move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

Tuesday 9:45 AM to 10:30 AM  
Friday 9:30 AM to 10:15 AM

**TAI CHI**

A series of movements performed in a slow, focused manner accompanied by deep breathing.

Monday 11:35 AM to 12:30 PM

**ZUMBA GOLD**

Easy to follow choreography the focuses on balance, range of motion, and coordination. Great for active adults who are looking for a modified Zumba class at a lower intensity.

Tuesday 9:00 AM to 9:45 AM  
Friday 10:15 AM to 11 AM

SESSION	DATES TO NOTE	FEE	
		MEMBER	NON MEMBER
Winter Session	One Class Per Week As Noted Above – Jan 4 to Apr 14, 2019	REGISTRATION OPEN DEC 10	DEC 17
		FREE	DAY PASS

FINANCIAL ASSISTANCE AVAILABLE TO THOSE THAT QUALIFY