



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HEALTHY LIVING

ACTIVE OLDER ADULT SCHEDULE

Effective: March 02- April 26, 2020

INCLEMENT WEATHER ALERTS
Closing and Delay Information can be found:
FACEBOOK:www.facebook.com/nazarethymca
WFMZ:www.wfmz.com/weather/stormcenter

	MON	TUE	WED	THU	FRI	SAT	SUN
AM	Silver Sneakers® Circuit 9:00-9:45 am Luz C	NEW TIME! Silver Sneakers® Circuit 8:00-8:45 am Susan C	Silver Sneakers® Circuit 9:00-9:45 am Susan C	Senior Boot Camp 9:00-9:45 am Susan C	Zumba Gold® 9:15-10:00 am Cynthia B		
	NEW CLASS Zumba® 10:00- 10:45 am Jess E (Studio II)	Senior Boot Camp 9:00-9:45 am Susan C	Silver Sneakers® Yoga 10:00-10:45 am Susan C	Silver Sneakers ® Circuit 10:00-10:45 am Susan C	Silver Sneakers® Classic 10:15 - 11:00 am Luz C KECK		
	Silver Sneakers® Classic 10:15 - 11:00 am D KECK	Silver Sneakers® Classic 10:00-10:45 am Susan C KECK					
		NEW! Moving for Better Balance 11:00-11:45 am Isabelle G					
PM							

The weekly group fitness
schedule is updated online!
www.gv-ymca.org



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CLASS DESCRIPTIONS

SENIOR BOOT CAMP

Senior Boot Camp is a little more than SilverSneakers®. Join us for a fun, motivating and energy boosting class just for seniors. You may even make a new friend

SILVER SNEAKERS® CIRCUIT

Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit

workout. Upper body strength work with hand-held weights, elastic tubing with handles and a ball is alternated with non-impact aerobic choreography. A chair is offered for support, stretching and relaxation

exercises

SILVER SNEAKERS® 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

SILVER SNEAKERS® CLASSIC

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range

of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a SilverSneakers® ball are offered for resistance. A chair is available if needed for seated or standing support.

NEW!! MOVING FOR BETTER BALANCE

MBB is based on the principles of Tai Chi. The program works to improve balance, muscle strength, flexibility and mobility to enhance overall physical health, which leads to better functioning in daily activities. Participation in the program may also result in better mental health, reduced stress, improved memory and cognition, and increased self-esteem.

ZUMBA® GOLD

Zumba Gold is an easy-to-follow program that lets you move to the beat at your own speed. It's an invigorating, community-oriented dance-fitness class that feels fresh, and, most of all, exhilarating!



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