



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

ACTIVE OLDER ADULT EXERCISE SCHEDULE

WEST SIDE FAMILY Y

OCTOBER 2019

Monday	Tuesday	Wednesday	Thursday	Friday
7:00 Senior Yoga	8:30 Wet n Wild	7:00 Senior Yoga	8:30 Wet n Wild	7:00 Senior Yoga
8:30 Wet n wild				
10:00 Silver Splash	10:45 Kickstart Fitness	8:30 Deep Intensity	10:45 Kickstart Fitness	8:30 Aquabata
*10:00 30 min Spin	1:00 Aqua Zumba®	*10:00 30 min Spin	1:00 Aqua Zumba®	*9:30 30 min Spin
10:45 BOOM Muscle	1:15 Senior Yoga	10:00 Silver Splash 10:45 Kickstart Fitness	1:15 Senior Yoga	10:00 Silver Splash
11:20 BOOM Move It		12:00 SilverSneakers Classic		10:45 Barre Basics
12:00 SilverSneakers Classic		1:00 Splashing to the Oldies		12:00 Silver & Fit Experience
1:00 Splashing to the Oldies				1:00 Splashing to the Oldies
1:00 Line Dancing		1:45 Senior Yoga		

Classes with * require sign-up. Stop at front desk or call 690-9622 no more than 24 hours in advance to sign up.



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AOA Class Descriptions

Aquabata – 1 hour

High-intensity water aerobics class featuring tabata workouts, with 20-second intervals of work followed by 10 seconds of rest.

Aqua Zumba - 1 hour

Zumba class done in the water. This class progresses a little slower and is designed for active older adults.

Barre Basics – 1 hour

High-intensity water aerobics class featuring tabata workouts, with 20-second intervals of work followed by 10 seconds of rest.

BOOM Move It- 30 minutes

BOOM Move It combines a great cardio workout with fun, dance style choreography. This high energy class will have you dancing to music from many eras and genres!

BOOM Muscle- 30 minutes

BOOM Muscle is an action based, functional and strength conditioning class that provides a dynamic workout. MUSCLE focuses on a variety of strength based training techniques and movement patterns borrowed from sports and everyday activities for an action-packed class that will help you function better in everyday life.

Deep Intensity – 1 hour

Be suspended in deep water for a low impact, full body workout! This intense core challenge workout covers traditional choreography, HIIT, and anything in between. Tempo changes get your heart rate up, while directional changes work your core.

Kickstart Fitness – 1 hour

Kick Start is an intro level class that demystifies fitness by introducing a variety of workout methods and styles to build confidence and comfort for participants new to exercise or returning to a healthy lifestyle.

Line Dancing- 1 hour

An instructor led class that teaches different line dances. Some old dances and some new dances. Come and try it out!

Senior Circuit - 45 minutes

A circuit class specifically designed for active older adults to strengthen weak muscles, stretch tight areas and build core strength. We will use the chair, the band and the balls for exercise.

Senior Yoga- 1 hour

Senior yoga will move your whole body through a complete series of seated and standing poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of motion.

SILVER&FIT

EXPERIENCE - 45 minutes

A class designed for older adults looking for a moderate level, well balanced exercise routine. Participating in this class will help increase your heart health, muscular endurance and strength, flexibility, and balance. All exercises are performed in a standing position with the option of using a chair for light support. This class will help you take on daily tasks with more ease and keep up with your grandkids!

SilverSneakers Classic - 45 minutes

Have fun and move to the music through a variety of exercises designed to increase muscular strength, improve range of motion and includes skills for daily living. Hand-held weights, elastic tubing with handles and a Silversneakers ball is offered for resistance. A chair is used for seated and/or standing support.

SilverSneakers Splash - 45 minutes

Activate your aqua urge for variety. SilverSplash offers lots of fun and shallow water moves to improve agility, flexibility and cardiovascular endurance. No swimming ability is required and a special SilverSneakers kickboard is used to develop strength, balance and coordination.

Splashing to the Oldies – 1 hour

Shallow water class that is high energy and low impact to help seniors keep and build mobility, while jamming to 50's and 60's music.

Wet n Wild - 1 hour

Shallow water class with a variety of formats. Class may include traditional choreography, kickboxing, dance, or power moves. Cardio, toning, strength, balance and agility are achieved with a variety of movements. Format may vary from week to week.

***30 Minute Spin**

A spin class designed for our older adults, beginner spinners or anyone who wants to get a quick 30 ride in. The instructor provides instruction on bike set-up. Class moves at your pace based on your fitness level.