

## Class Descriptions

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### **SilverSneakers® I – Muscular Strength & Range of Movement (MSROM)**

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

### **SilverSneakers® II- Cardio 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.

### **SilverSneakers® SilverSplash®**

Activate your aqua exercise 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.

### **SilverSneakers® YogaStretch**

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

### **Let's Dance**

Get on your feet and dance! This class consists of dance moves that combine cardiovascular conditioning, coordination, great music and fun. Come and enjoy!

## Class Descriptions (cont'd)

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### **Let's Ride**

A great cardiovascular workout designed for older adults. This class is an indoor cycling class that focuses on heart health, but also provides a fantastic workout for the legs and upper body. With good music and an encouraging instructor, this class is a lot of fun.

## About the Instructors

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**Robin Norris**– Has a degree in Therapeutic Recreation along with certifications to teach Pilates, stability ball, group exercise and SilverSneakers® classes. In her free time she trains for triathlons and conditions high school cheerleaders.

**Hege Ravidal**-Has done extensive study in gerontology at UK. She is a certified SilverSneakers® instructor as well as being certified in cycling and mat Pilates. In her free time she likes to do anything outdoors as well as Scandinavian dance.

**George Rice**-Worked for 28 years with the state department of public health. George is a certified SilverSneakers® instructor, lifeguard and personal trainer. In his free time he enjoys walking and operating a ham radio.

**Dennis Stephens**– Served 32 years in the civil service with the Army and Air Force. Dennis is a certified SilverSneakers® instructor. In his free time he enjoys eating, talking with people, watching sports and almost anything else.

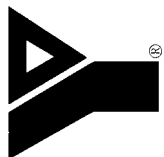


Beaumont Centre Family YMCA

Summer  
2010

**ACTIVE OLDER ADULTS**  
**& SILVER Sneakers®**

[www.ymcaofcentralky.org](http://www.ymcaofcentralky.org)



## Getting Started

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Do you want to start exercising, but are uncertain of where to begin? We can help you get started.

## First Steps Program

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A free program for new members of the YMCA or current members who need a little direction. Wellness staff will help you begin living a healthier lifestyle. The First Steps Program is designed for those who are ready to be fit and who have never followed an exercise program before. Our caring staff will offer guidance, motivation, and structure in a slow, step-by-step process.

You will meet with a wellness coach weekly, for 30-minute sessions. These sessions will introduce you to different ways to improve fitness. The program will be tailored to your goals, abilities and physical limitations. Call Garrett at 219-9622 ext. 37 to schedule your first appointment.

## Weekly Social Events

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Tuesdays–	
Open Bridge for all levels (MP A)	1pm
Thursdays–	
Canasta (MP A)	Noon

## Older Adult Exercise Classes

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### Monday

9:45	SilverSneakers® I MSROM (MP A&B)	George
9:45	Let's Dance (Will resume with new dances on Aug 16th)	Robin
10:45	SilverSneakers® I MSROM (MP-A&B)	George
10:45	SilverSneakers® II Cardio (St. Joe)	Hege
11:45	Strength & Stretch (MP-A&B)	George

### Tuesday

9:45	SilverSneakers® I MSROM (MP-A)	Robin
10:45	SilverSneakers® II Cardio (MP-A&B)	George
11:45	SilverSneakers® YogaStretch (MP-A)	George
12:00	Let's Ride (Cycling Rm.)	Garrett
1:00	SilverSneakers® SilverSplash® (Pool)	Kiri

### Wednesday

9:45	SilverSneakers® YogaStretch (MP-B)	George
10:45	SilverSneakers® I MSROM (MP-A&B)	George
11:45	Stretch & Strength	George

## Exercise Classes (continued)

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### Thursday

10:45	SilverSneakers® II Cardio (MP-A&B)	Hege
12:00	Let's Ride (Cycling Rm.)	Garrett
1:00	SilverSneakers® SilverSplash® (Pool)	Kiri

### Friday

10:45	Silver Sneakers® I MSROM (MP-A&B)	Dennis
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- A complete listing of water fitness exercise classes is available in the lobby

## Meet the Directors

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**Garrett Hoyt**  
**Wellness Engagement Director**  
[ghoyt@ymcaofcentralky.org](mailto:ghoyt@ymcaofcentralky.org)  
B.S. in Exercise Science from Brigham Young University, M.S. in Exercise Physiology from Colorado State University certified SilverSneakers® Instructor

**Erin Jones**  
**Wellness Director**  
[ejones@ymcaofcentralky.org](mailto:ejones@ymcaofcentralky.org)  
B.A. in Exercise Science from Transylvania University, YMCA Personal Trainer, YMCA Group Fitness Instructor, YMCA Mat Pilates Instructor, YMCA Cycling Instructor, SilverSneakers® Instructor