

Class Descriptions

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.

SilverSneakers® CardioFit

Get Up & Go with an aerobics class for you – safe, heart-healthy and gentle on the joints. The workout includes easy-to-follow low-impact movement, and upper-body strength, abdominal conditioning, stretching and relaxation exercises designed to energize your active lifestyle.

Class Descriptions (cont'd)

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.

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!

Group Class Information

- Classes are free and open to all members.
- Members are welcome, and encouraged, to drop-in on any class to observe before participating.
- New participants are encouraged to arrive about 10 minutes early to have the instructor assist with equipment selection.
- Schedule is subject to change on short notice and for holidays. Please check bulletin boards/website for updates.
- Please do not enter a class more than 10 minutes late or before the previous class is complete.
- Be sure to bring a water bottle to each class.
- A full listing of water fitness classes is available in the lobby and online.



ACTIVE OLDER ADULTS & SILVERSNEAKERS

the  **YMCA**

Winter
2012

Beaumont Centre Family YMCA

www.ymcaofcentralky.org

Active Older Adult Exercise Classes

Monday

| | | |
|---------------|---|--------|
| 9:45-10:30am | SilverSneakers® I MSROM (St. Joseph) | George |
| 9:45-10:30am | Let's Dance (MP-A&B) | Robin |
| 10:45-11:30am | SilverSneakers® I MSROM (MP-A&B) | George |
| 10:45-11:30am | SilverSneakers® II Cardio (St. Joseph) | Cathy |
| 11:45-12:45pm | Strength & Stretch (Group Ex) | George |

Wednesday

| | | |
|---------------|---------------------------------------|--------|
| 9:45-10:30am | SilverSneakers® YogaStretch (MP-B) | George |
| 10:45-11:30am | SilverSneakers® I MSROM (MP-A&B) | George |
| 11:45-12:45pm | Strength & Stretch (Group Ex) | George |

Friday

| | | |
|---------------|---------------------------------------|--------|
| 9:45-10:30am | SilverSneakers® CardioFit (MP-A&B) | Cathy |
| 10:45-11:30am | SilverSneakers® I MSROM (MP-A&B) | Dennis |

Your Y's Choices

A free program for YMCA members who would like to learn more about health and wellness, or who are ready to take the next step in their personal well-being, but may need a little direction. Wellness staff are here to help you along the way.

You can meet with a wellness coach, for as many as eight thirty-minute sessions to discuss health & well-being topics that interest you. The program will be tailored to your goals, abilities and physical limitations. Call the wellness desk at 219-9622 ext. 23 to schedule your first appointment.

Tuesday

| | | |
|---------------|---|---------|
| 9:45-10:30am | SilverSneakers® I MSROM (MP-A) | George |
| 10:45-11:30am | SilverSneakers® II Cardio (MP-A&B) | George |
| 11:45-12:30pm | SilverSneakers® YogaStretch (MP-A) | George |
| 12:00-12:45pm | Let's Ride (Cycling Rm.) | David |
| 1-2pm | SilverSneakers® SilverSplash® (Pool) | Josette |

Thursday

| | | |
|---------------|---|---------|
| 10:45-11:30am | SilverSneakers® II Cardio (MP-A&B) | Cathy |
| 12-12:45 pm | Let's Ride (Cycling Rm.) | David |
| 1-2pm | SilverSneakers® SilverSplash® (Pool) | Josette |

Reminder: It is wise to consult with your physician before beginning an exercise program. Always LISTEN to your body, pace yourself, and slow down when needed. Then gradually increase when ready.

Meet the Directors

Corey Donohoo
Health & Well-Being Director
cdonohoo@ymcaofcentralky.org
B.S. in Biology from the University of Kentucky
YMCA Foundations of Strength & Conditioning,
YMCA Foundations of Group Exercise,
SilverSneakers® Instructor

Erin Jones
Wellness Director
ejones@ymcaofcentralky.org
B.A. in Exercise Science from Transylvania
University, YMCA Foundations of Strength &
Conditioning, YMCA Group Fitness Instructor,
YMCA Mat Pilates Instructor, YMCA Cycling
Instructor, SilverSneakers® Instructor