



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ACTIVE OLDER ADULT GROUP EXERCISE SCHEDULE

SESSION 166: October 31—December 23, 2016

	MON	WED	FRI
9:00 AM	Aqua Jog (Pool) Staff	Aqua Jog (Pool) Josset	Aqua Jog (Pool) Angelica
10:30 AM	Water Arthristis Exercise (pool) Staff	Water Arthristis Exercise (pool) Veronica 11am	Water Arthristis Exercise (pool) Angelica
12:00 PM	Classic® Gymnasium Zuni	Yoga SGymnasium tretch Lisa 12:30pm	Classic® Gymnasium Zuni



For more information, please
contact **Zuni Diaz** at
212-912-2239 or Zdiaz@ymcanyc.org.

Updated October 24, 2016

FORGE FRIENDSHIP

The North Brooklyn YMCA takes pride in leading our members down a fulfilling path to wellness where they can focus not only on the body but the mind as well. Our goal is to offer the highest level of opportunities for Older Adults to bring fulfillment into their lives. Whether it be one of our well attended group exercise classes or one of the many events we offer, YMCA programs strengthen the whole person.

Socializing and keeping active have proven to produce positive effects on the health of older adults, and exercises have proven to promote mental agility in addition to longevity and good health.

SilverSneakers® Classic – 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 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.

Arthritis Exercise– Water is a safe, ideal environment for relieving arthritis pain and stiffness. Designed to safely keep your joints moving and improve your range of motion. Class is performed in shallow water.

Please be on time for class

- Please bring water to class, dress in comfortable clothing, and wear shoes with good lateral support and shock absorption.
- No food, or chewing gum allowed in the Fitness Areas.
- No glass bottles of any kind in the Fitness Areas
- No cell phones should be answered during class, please be courteous and step outside of the class when answering your cell phone.
- No gym bags, pocketbooks or coats allowed in Fitness Areas. Please use lockers and a secure lock. For your convenience the Member Services Desk provide complimentary tokens for use with our safe deposit boxes for your small items i.e. cell phone, wallet, keys.

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