



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ACTIVE OLDER ADULTS & SILVER SNEAKERS

BE HAPPY AND HEALTHY (as of 3.9.18)

Active Older Adults (AOA) in the YMCA experience a strong sense of belongingness and a network of friends who provide supportive communities for sustained health and well-being. Through on-going, fun, safe, and engaging programs, activities, and events AOA members increase their self-confidence and sense of achievement while building relationships and celebrating the success and milestones of each older adult within their AOA community.

CLASSES

AOA Strength Training

This strength training workout is especially for older adults, or anyone who would like to include a low-intensity, low-impact workout in their fitness plans.

Date: Wednesday & Friday 9-9:50 am/ Patricia

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.

Date: Monday 11-11:50 am /Patricia

SilverSneakers® Splash

Activate your urge for variety! Splash offers fun, shallow-water movement to improve agility and flexibility while addressing cardiovascular, strength and endurance conditioning. No swimming ability is required, and a SilverSneakers kickboard or other aquatic equipment is used to improve strength, balance and coordination.

Date: COMING SOON

Water Aerobics

An instructional class of aerobic movements performed in the water to improve body conditioning, cardiovascular fitness and flexibility.

Monday	9-9:50 am	Maria
Monday	8:05-8:55 pm	Anna
Tuesday	8:05-8:55 pm	Patricia
Wednesday	10-10:50 am	Maria
Wednesday	8:05-8:55 pm	Anna
Thursday	8:05-8:55 pm	Anna
Friday	10-10:50 am	Maria



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Q&A

SILVER SNEAKERS FITNESS PROGRAM Q&A

What is Silver Sneakers?

Silver Sneakers is a valuable program provided by your health plan at no extra cost. It's designed to encourage Medicare-eligible members to increase their fitness level. Based on "fitness, fun and friends," the program incorporates fun, social programming with an exercise program that enhances independent living skills. It gives you access to exercise equipment, group classes, and social events.

What do I get as part of my membership at the Greenpoint Y?

You'll get:

- Amenities such as fitness equipment, an indoor heated pool, men and women sauna, men and women locker room.
- Silver Sneakers classes designed specifically for older adults and led by certified instructors.
- Fun, social activities

What can I expect on my first day?

If you're new to exercise, don't worry! Nearly half of our members had never been to a fitness location before they joined Silver Sneakers. Remember to wear comfortable shoes and loose-fitting clothing, and bring your member ID card to get started.

What exercises can I participate in?

You can walk on the treadmill, take a lap in the pool, get a great stretch in yoga class. With Silver Sneakers, you can get fit the way you want, at your convenience.

Are the classes safe?

All SilverSneakers classes are designed by experts in older adult fitness and taught by credentialed fitness professionals. SilverSneakers classes are created for adults of all ages, fitness levels and abilities. Modifications are offered and chairs are available in certain classes.

Are the classes safe?

If your current membership is at a SilverSneakers location and you're eligible for SilverSneakers through your health plan, speak to the staff at the front desk to see if your membership can be frozen.

How do I get started?

Take your SilverSneakers card or 16-digit member ID to any location. Tell the front desk staff you want to enroll and ask for a tour.

Should I see a doctor before I enroll?

If you're new to fitness, recovering from an injury or want to know which exercises are right for you, talk to your doctor.

What should I wear?

Comfortable clothing and well-fitting, athletic shoes. Light, cotton materials that are loose-fitting tend to be more comfortable for workouts.

