



FOR YOUTH DEVELOPMENT®  
 FOR HEALTHY LIVING  
 FOR SOCIAL RESPONSIBILITY

# ACTIVE OLDER ADULT EXERCISE SCHEDULE

**WEST SIDE FAMILY YMCA  
 NOVEMBER 2020**

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday HOLIDAY HOURS 11/25 5am to 2pm</b>	<b>Thursday CLOSED 11/26 FOR THANKSGIVING</b>	<b>Friday</b>
Senior Yoga 7:00 am-7:45 am	Aqua Hour (Indoor Pool) 8:30 am – 9:30 am	Senior Yoga 7:00 am-7:45 am	Aqua Hour (Indoor Pool) 8:30 am – 9:30 am	Senior Yoga 7:00-7:45 am
Water Aerobics (Indoor Pool) 8:30 am – 9:30 am	Aqua Hour (Indoor Pool) 8:30 am – 9:30 am	Water Aerobics (Indoor Pool) 8:30 am – 9:30 am	Kickstart Fitness 10:45 am-11:30 am	Water Aerobics (Indoor Pool) 8:30 am – 9:30 am
*Spin 8:30am – 9:15am	Kickstart Fitness 10:30am – 11:15am	Pilates 9:30 am-10:15am	Aqua Hour (Indoor Pool) 1:00 pm – 2:00 pm	*Spin 9:00 am-9:45 am
Kickstart Fitness 11:00 am-11:45 am	Senior Yoga 1:00 pm-1:45 pm	Kickstart Fitness 11:00 am-11:45 am	Senior Yoga 1:00 pm-1:45 pm	Barre 10:45 am-11:30 am
Line Dancing 1:00 pm – 1:45 pm		Aqua Hour (Indoor Pool) 1:00 pm – 2:00 pm		Aqua Hour (Indoor Pool) 1:00 pm – 2:00 pm
Aqua Hour (Indoor Pool) 1:00 pm – 2:00 pm		Senior Yoga 1:00 pm-1:45 pm		

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



FOR YOUTH DEVELOPMENT®  
**FOR HEALTHY LIVING**  
FOR SOCIAL RESPONSIBILITY

## **CLASS DESCRIPTIONS:**

Barre	Barre brings ballet conditioning, Pilates, yoga, and aerobics together in a moderate level class designed to lengthen, strengthen, and tone the entire body. (45 mins)
Kick Start Fitness	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. (45 mins)
Line Dancing	An instructor led class that teaches different line dances. Some old dances and some new dances. Come and try it out! (45 mins)
Senior Yoga	In senior yoga, chair support is offered to safely perform a variety of seated and standing yoga poses designed to increase flexibility, balance and range of motion. (45 mins)
Spin:	An instructor leads you on a ride through flats and hills while you control the intensity. This workout is great for all levels. (45 mins)