



Sumter Family YMCA
ACTIVE OLDER ADULTS
FITNESS CLASSES

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

May 2012

	Time	Monday	Tuesday	Wednesday	Thursday	Friday
Aerobics	10:15am	Cardio & Tone	SilverSneakers MSROM	Cardio & Tone	SilverSneakers MSROM	Cardio & Tone
	11:15am	Gentle Yoga		Gentle Yoga		Gentle Yoga
Pool	8:15am	Liquid Aerobics		Liquid Aerobics		Liquid Aerobics
	11am	Senior Workout		Senior Workout		Senior Workout
	2pm	Arthritis Aquatics		Arthritis Aquatics		Arthritis Aquatics

Class Descriptions:

Silver Sneakers - Muscular Strength & Range of Motion (MSROM)- SilverSneakers core class is designed to increase strength, range of motion, agility, balance, coordination, and improve functional capacities, physical fitness level and sense of well being. This class is presented with a chair for seated and standing choreography with hand held weights, elastic tubing with handles, and a SilverSneakers ball. It is suitable for **ALL** fitness levels!

Senior Workout - We have set aside time in our pool for senior citizens, individuals with special needs, and any other individual in need of a slower-paced water fitness class. It's relaxing, refreshing, and fun! Equipment used: barbells, noodles, gloves, and paddles. **NO SWIMMING SKILLS REQUIRED.**

Liquid Aerobics - A fitness class performed in waist-to-neck deep water and designed for individuals of all ages and fitness levels. Great for those unable to take the stress or regular land aerobics that are looking for a low impact, high benefit program. **NO SWIMMING SKILLS REQUIRED.**

Arthritis Aquatics (AFYAP) - A warm-water recreation and exercise program brought to you through the cooperative efforts of the YMCA and the Arthritis Foundation. This Program provides an opportunity for people with arthritis to participate in recreational group activity without aggravating their condition. **NO SWIMMING SKILLS REQUIRED.**

Gentle Yoga – Work on your flexibility with this calming class. It improves your breathing, posture and helps to relieve stress by relaxing the mind and body. You have the option to perform the exercises in a chair or on the floor.