



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

**SUMTER FAMILY YMCA
 ACTIVE OLDER ADULTS
 FITNESS CLASSES 2019**

	Time	Monday	Tuesday	Wednesday	Thursday	Friday
	9:20 am		Yoga		Yoga	
Aerobics	10:20 am	Cardio Sculpt	Silver Sneakers	Cardio Sculpt	Silver Sneakers	Cardio Sculpt
	11:20 am	Silver Sneakers		Silver Sneakers		Tai Chi
Pool	8:00 am	Liquid Aerobics	Mindful Movements	Liquid Aerobics	Mindful Movements	Liquid Aerobics
	10:30 am	Senior Workout	Aqua Tabata	Senior Workout	Aqua Tabata	Senior Workout
	2:00 pm	Arthritis Aquatics		Arthritis Aquatics		Arthritis Aquatics

Class Descriptions

Arthritis Aquatics - A warm-water recreation and range of motion program provides an opportunity for people with arthritis to participate in recreational group activity without aggravating their condition. **NO SWIMMING SKILLS REQUIRED.**

Aqua Tabata - This 45 minute class will take you through interval training in the water to raise your heart rate and burn calories!

Cardio Sculpt - A 55-minute low to moderate intensity class that involves a variety of cardio and strength training.

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.

Senior Workout - We have set aside time in our pool for active older adults, 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.**

SilverSneakers - 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!

Tai Chi - A noncompetitive, self-paced system of gentle physical exercise and stretching. Each posture flows into the next without pause, ensuring that your body is in constant motion.

Yoga - In this 45-minute class, learn to link breath with Beginner Level Yoga postures.