



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HEALTH, WELL-BEING & FITNESS SCHEDULE For Active Older Adults

MCPHERSON FAMILY YMCA

SEPTEMBER 2010

MONDAY

8:15-9:00am	SilverSplash®
8:15-9:00am	Warmcise
9:15-10:00am	Aqua Arthritis
9:15-10:10am	Beginner Yoga (@ Program Room)
11:15-12:00pm	Tai Chi @ Cedars

TUESDAY

8:15-9:00am	Aquarobics
10:00-10:45am	SilverSneakers®

WEDNESDAY

8:15-9:00am	SilverSplash®
8:15-9:00am	Warmcise
9:15-10:00am	Aqua Arthritis
9:15-10:10am	Beginner Yoga (@ Program Room)

THURSDAY

8:15-9:00am	Water Aerobics
10:00-10:45am	SilverSneakers®
11:15-12:00pm	Tai Chi @ Cedars

FRIDAY

8:15-9:00am	Water Aerobics
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Shaded box indicates Water Classes.

Class descriptions on reverse side.

CLASS DESCRIPTIONS

ACTIVE OLDER YOGA - Yoga for those young at heart! Enjoy the benefits of yoga at any age as each pose can be modified to meet your needs. Increase balance, strength, and flexibility while reducing stress.

ARTHRITIS - (Arthritis Foundation YMCA Aquatic Program) A water exercise program designed for persons with arthritis. Water exercise is especially good for people with arthritis since it can help relieve strain on muscles and joints. Co-developed by the Arthritis Foundation and the YMCA. Instructors certified through the Arthritis Foundation.

LOW IMPACT AEROBICS - A cardio class for those desiring a low impact exercise environment. The class specifically addresses cardiovascular endurance, balance and agility.

SILVERSPLASH® - This is a water aerobics class taught by SilverSneakers® certified instructors, that will improve your aerobic endurance, muscular strength and flexibility.

SILVERSNEAKERS® MUSCULAR STRENGTH & RANGE OF MOVEMENT - This is a land exercise class taught by SilverSneakers® certified instructors. 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.

TAI CHI - Tai Chi is a gentle exercise that originates in Ancient China. Tai Chi will increase flexibility, muscular strength and improve balance. This class will be held at the Cedars Wellness Center. This is an Arthritis Foundation program; instructor certified through the Arthritis Foundation.

WARMCISE - A gentle exercise program which helps relieve arthritis pain and stiffness. Improve flexibility, muscular strength and balance for adults.

WATER AEROBICS - A workout that incorporates aerobic conditioning as well as toning and strengthening exercises. This is a wonderful work-out for all ages that's easy on the body and is appropriate for all fitness levels. No swimming skills required.

Visit us on the web at www.ymca-mrc.com or call 620-241-0363

McPherson Family YMCA ~ 220 North Walnut ~ McPherson, KS 67460

