



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

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

MCPHERSON FAMILY YMCA

FEBRUARY 2012

MONDAY

8:15-9:00am	SilverSplash®
9:15-10:00am	Arthritis (@Family Pool)
10:15-11:00am	Line Dance
11:15-12:00pm	Tai Chi (@ Cedars)
5:30-6:15pm	Tai Chi (@ Program Room)

TUESDAY

8:15-9:00am	Powercise
9:15-9:45am	Aqua Tone (@ Family Pool)
10:00-10:45am	SilverSneakers®

WEDNESDAY

9:15-10:00am	Arthritis (@Family Pool)
10:15-11:00am	Line Dance

THURSDAY

8:15-9:00am	Powercise
9:15-9:45am	Aqua Tone (@ Family Pool)
10:00-10:45am	SilverSneakers®
11:15-12:00pm	Tai Chi @ Cedars

FRIDAY

8:15-9:00am	SilverSplash®
9:15-10:00am	Tai Chi (@Program Room)

Shaded box indicates Water Classes.

Class descriptions on reverse side.

CLASS DESCRIPTIONS

AQUAROBICS - 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.

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.

LINE DANCE - "Boot Scootin' Boogie" your way to fitness.

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

POWERCISE - "Power" your way through waters resistance for a challenging total body work-out. This class is designed to push your cardiovascular conditioning and increase your muscle tone. If you want to work, join us!

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

SILVERSNEAKERS® - 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.

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

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

