







NEW TO EXERCISE & ACTIVE OLDER ADULTS GROUP EXERCISE SCHEDULE

Begins July 11, 2022 (Land classes shaded gray/Program Center classes shaded yellow)

TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SEE TIMES	9:15-10:00am AOA Strength/ Cardio Jake Program Center	8:00-8:45am YOGA FOR ALL Group Exercise Studio Mickey	9:00-9:45am Functional Walk Evonne Gym 1		8:00-9:00am YOGA FOR ALL Group Exercise Studio Mickey
10:00 - 10:45AM			SilverSneakers® Classic Christine Program Center		SilverSneakers® Classic Christine Program Center
11:00 - 11:45AM	Aqua Dance Party Alice O. <u>Pool 2</u>	BARRE Group Exercise Studio Barb	Hatha Yoga Program Center Dee		
11:15 - 12:00PM		11:00-11:45am Line Dancing Program Center Alice N.	Gentle Water Exercise Christine <u>Pool 2</u>	Gentle Water Exercise Christine <u>Pool 2</u>	
11:30A - 12:30P		11:00-11:45am Aqua Exercise for Arthritis Jake <u>Pool 2</u>		TAI CHI ADVANCED Group Exercise Studio Bill July 14 - September 1	11:30-12:15pm Gentle Water Exercise Alexia <u>Pool 2</u> 
12:00 - 12:45PM	Aqua Exercise for Arthritis Evonne <u>Pool 2</u>	Work it in the Water Evonne <u>Pool 2</u>			12:15-1:00pm Aqua Dance Party Alice O. <u>Pool 2</u>
12:00 - 1:00PM	Exercise for Parkinson's Program Center Jake *Fee		Exercise for Parkinson's Program Center Jake *Fee	12:00-12:45pm Lunch Break Cycle April Group Cycle Studio	Parkinson's Walk Program Center Jake *Fee
6:30 - 7:30PM	Functional Yoga Group Exercise Studio Kimberly				
PLEASE BRING YOUR OWN YOGA MAT, STRAPS, BLOCKS AND ANY OTHER EQUIPMENT YOU WISH TO USE FOR CLASS.					
					<p>More for your membership!</p> <p>Group Exercise classes are included in your membership!</p> <p>Schedules available on our mobile app! Download by searching Butler County Family YMCA</p> <p> ANDROID APP ON Google play  Available on the App Store</p>

At the Y, we're for Healthy Living,
because wellness in spirit, mind and body strengthens our very being,
and enhances our interactions with others.

Do you know... that regular physical activity can lower your blood pressure, cholesterol and blood sugar levels, decrease your BMI and waist circumference and reduce muscle and bone loss?

LAND CLASSES

AOA Strength/Cardio - This workout is specially designed for the Active Older Adult. Taught by a Certified Personal Trainer, you will be guided through a series of strength and cardio exercises that improve total body strength, range of motion, balance and cardiorespiratory fitness.

Barre - This is a safe, low impact program that will tone & strengthen your body. It is safe & effective for all fitness levels. Using a combination of postures inspired by ballet and other disciplines like yoga & pilates, the class will focus on strength training combined with range-of-motion movements.

Exercise for Parkinson's - Life-changing exercise & mobility program designed for people diagnosed with Parkinson's Disease. *Program Fee applies. Please register.

Functional Walk - Join this cardiovascular class which will mix variable-paced walking in our gym. Whether you want a challenging fast-paced power walk or a moderately-paced stride, this class will provide the means to increase your overall cardiovascular fitness as well as your balance, coordination and agility.

Functional Yoga - In order to move freely and easily, you need a combination of strength, suppleness, balance, and coordination. This class emphasizes correct form, mobility and strength over flexibility. The class will intentionally provide variability to challenge you. We will also incorporate the mini ball to work our deep core muscles more efficiently and effectively. The class does incorporate traditional yoga poses and also includes exercises that are not found in traditional yoga. Participant does need to be able to get up and down from the mat easily.

Hatha Yoga - Because of its slower pace, **Hatha** is a great class if you're just starting your **yoga** practice. Hatha is a general category that includes most yoga styles. It is an old system that includes the practice of asanas (yoga postures) and pranayama (breathing exercises), which help bring peace to the mind and body, preparing the body for deeper spiritual practices such as meditation.

Line Dancing - This class features a repeated sequence of steps where participants dance in one or more lines or rows. Research shows thinking and moving is superb for Active Older Adults.

Parkinson's Walk - Designed for those diagnosed with Parkinson's Disease. Improve balance and coordination, strengthen muscles and enhance memory & multi-tasking skills. Program Fee applies-please register.

SilverSneakers® Classic - Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living skills. Hand-held weights, elastic tubing with handles, and a SilverSneakers® ball are offered for resistance. A chair is available, if needed for support.

Tai Chi (Advanced) - Tai Chi involves a series of movements performed in a slow, focused manner, accompanied by deep breathing. Each posture flows into the next without pause, ensuring that your body is in constant motion. Must be able to do the 108 form set without voice. *Program Fee applies. Please register.

Yoga For All - All inclusive and accessible practice for everyone offering many options in all the poses.

WATER CLASSES

Aqua Dance Party - Dance Party in the POOL! Low impact on your joints. Water creates natural resistance, which means every step is more challenging and helps tone your muscles!

Aqua Exercise For Arthritis - Gentle water exercise for people with arthritis. Range of motion exercise will be emphasized. Enjoy the relief that warm water exercise provides!

Gentle Water Exercise - A light cardio workout! Increase flexibility and strength using a variety of water exercise equipment.

Work it in the Water - Let water be your resistance! Work your body in a comfortable and safe manner while increasing heart rate and challenging your endurance. If you have joint or bone issues, or just enjoy water exercise, this class will give you the workout you need!

Regardless of your physical limitations, the YMCA has something to meet your health & wellness needs! Wellness classes can be strenuous. Please consult your physician. By participating in these classes, you indicate that you have no physical conditions or health problems.

Please bring water to class!

**YMCA Contact Information: Membership & Healthy Living Director-Heidi Nicholls Bowser
Group Exercise Coordinator - Mickey Stewart**

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