





# NEW TO EXERCISE & ACTIVE OLDER ADULTS GROUP EXERCISE SCHEDULE

**Begins October 24, 2022** (Land classes shaded gray/Program Center classes shaded yellow)

TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>SEE TIMES</b>	<b>9:15-10:00am</b> AOA Strength/ Cardio Jake Program Center	<b>8:00-8:45am</b> YOGA FOR ALL Group Exercise Studio Mickey	<b>9:00-9:45am</b> Functional Walk Evonne Gym 1		<b>8:00-9:00am</b> YOGA FOR ALL Group Exercise Studio Mickey
<b>10:00 - 10:45AM</b>	<b>10:30-11:00am</b> Recover Restore/Renew Group Exercise Studio April	<b>11:00-11:45am</b> Gentle Water Exercise Alice O. <u>Pool 2</u>	<b>SilverSneakers®</b> Classic Program Center April	<b>10:00-11:00am</b> Inclusive Dance Program Center Heather 1st/3rd TH	<b>SilverSneakers®</b> Classic Program Center April
<b>11:00 - 11:45AM</b>	<b>10:45-11:30am</b> Basic YOGA Flow Program Center Dee	<b>BARRE</b> Group Exercise Studio Barb	<b>10:15-11:00am</b> Aqua Arthritis Jake <u>Pool 2</u>	<b>10:00-11:00am</b> Adapted Gym Program Center April 2nd/4th TH	<b>Chair Yoga</b> Program Center April
<b>11:15 - 12:00PM</b>	<b>11:00-11:45am</b> Aqua Exercise for Arthritis Jake <u>Pool 2</u>	<b>11:00-11:45am</b> Line Dancing **NO Class 4th Tues Program Center Alice N.	<b>11:00-11:45am</b> Hatha Yoga Program Center Dee	Gentle Water Exercise Christine <u>Pool 2</u>	
<b>11:30A - 12:30P</b>	TAI CHI ADVANCED Group Exercise Studio Bill *Fee Sep 12-Nov 3		<b>11:15a-12:00p</b> Gentle Water Exercise Christine <u>Pool 2</u>	TAI CHI ADVANCED Group Exercise Studio Bill *Fee Sep 12-Nov 3	
<b>12:00 - 12:45PM</b>	Work it in the Water Evonne <u>Pool 2</u>	Aqua Exercise for Arthritis Evonne <u>Pool 2</u>		<b>12:15-1:00pm</b> Total Body Conditioning Evonne <u>Pool 2</u>	
<b>12:00 - 1:00PM</b>	<b>Exercise for Parkinson's</b> Program Center Jake *Fee		<b>Exercise for Parkinson's</b> Program Center Jake *Fee	<b>12:00-12:45pm</b> Lunch Break Cycle April Group Cycle Studio	<b>Parkinson's Walk</b> Program Center Jake *Fee
<b>1:00 - 1:45PM</b>	Aqua Dance Party Alice O. <u>Pool 2</u>		<b>1:15-2:00pm</b> Parkinson's Basic Program Center Jake *Fee	<b>12:30-1:30pm</b> Beginner TAI CHI Group Exercise Studio Bill Fee Nov 10-Dec 29	Aqua Dance Party Alice O. <u>Pool 2</u>
<b>More for your membership!</b> Group Exercise classes are included in your membership! Schedules available on our mobile app! Download by searching Butler County Family YMCA.					<b>NEW</b> <i>Begins SUNDAY October 30</i>
<b>6:30 - 7:30PM</b>	Functional Yoga Group Exercise Studio Kimberly	 	<b>6:30-7:15pm</b> Cardio Dance Party Group Exercise Studio Kati	TAI CHI ADVANCED PM Group Exercise Studio Bill *Fee Sep 15-Nov 3	<b>12:00-12:45pm</b> SAIL (Stay Active and Independent for Life) Nichole <b>Program Center</b>  <b>1:00-1:45pm</b> SUNDAY AFTER CHURCH! Functional Walk Nichole <b>Gym 1</b>

Please bring your own Yoga mat, straps, blocks & any other equipment you wish to use for class.

At the Y, we're for Healthy Living, because wellness in spirit, mind & 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

**Adapted Gym** - Play games and develop sports skills in a fun and inclusive environment.

**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.

**Cardio Dance Party** - A mix of different cardio dance styles sure to get you movin' and groovin'!

**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. We will 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.

**Inclusive Dance Party** - Participants will experience a fun & exciting dance party and series of games that will get their heart rated pumping and put smiles on their faces. Classes are theme-based!

**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.

**NEW! Parkinson's Basic** - This program is largely chair-based geared toward those with major limitations due to Parkinson's Disease. Program Fee applies-please register.

**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.

**NEW! Recover/Restore/Renew** - 30 minutes of posture-improving, stability-increasing stretching! Give yourself some time to let those muscles recover! Great for all levels. Must be able to work from the floor.

**NEW! SAIL (Stay Active and Independent for Life)** - an evidence-based program that improves strength & balance, all designed to enhance wellness and reduce the chance of falling.

**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 (Beginner & 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 & strength using water exercise equipment.

**NEW! Total Body Conditioning** - Experience this total body low-impact strength workout in the warm pool! Water resistance and aqua resistance equipment will be used to strengthen every muscle in your body.

**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.

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

**Butler YMCA • 339 N Washington Street • Butler PA 16001 • 724.287.4733 • butler.bcfymca.org**