



# NEW TO EXERCISE & ACTIVE OLDER ADULTS GROUP EXERCISE SCHEDULE

Effective 3-1-20 to 4-25-20 (Land classes shaded gray/Program Center classes shaded yellow)

TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Sat/Sun
8:00 - 9:00AM					SATURDAY 8:00-9:00am Vinyasa Yoga Program Center Rachel	
8:00 - 9:00AM		AM YOGA Group Exercise Studio Mickey			AM YOGA Group Exercise Studio Mickey	SATURDAY 9:15 - 10:00 CARDIO SURPRISE Group Exercise Studio Instructor Rotation
9:00 - 9:30AM			9:30-10:00am Functional Walk Cardio Gym 2 Lou		Functional Walk Cardio Gym 2 Evonne	
10:00 - 10:45AM	SAIL Program Center Mickey		SilverSneakers® Classic Christine Program Center		SilverSneakers® Classic Penny Program Center	
See Times	10:00a-12:00p Drop-in Pickleball Gym 2	10:30-1:30pm Drop-in Pickleball Gym 2	10:30-11:00am YOGA Group Exercise Studio Mickey	10:30-1:30pm Drop-in Pickleball Gym 2	10:15a-12:00p Drop-in Pickleball Gym 2	
11:00 - 11:45AM	Gentle Yoga Program Center Mickey	BARRE Group Exercise Studio Barb	SilverSneakers® Yoga Program Center Mickey	11:00-11:30am BARRE BLEND Group Exercise Studio Heidi	Gentle Yoga Group Exercise Studio Mickey	SUNDAY 11am-1pm Drop-in Pickleball Gym 2
See Times	11:00-11:45am Work It in the Water Alice O. Pool 2	11:00-12:00pm Line Dancing Program Center Alice N.	11:15-12:00pm Gentle Water Exercise Christine Pool 2	11:30-12:15pm Throwback Thursday Fun Group Exercise Studio Mickey		
12:00 - 12:45PM	Cardio Mash-Up Group Exercise Studio Mickey	NEW DAY & TIME!		Gentle Water Exercise Christine Pool 2	Gentle Water Exercise Michelle Pool 2	
12:15 - 12:45PM	1:00-2:00pm Beginner Tai Chi Group Exercise Studio Bill *Fee	12:00-12:45pm Aqua Movin' & Groovin' Evonne Pool 2		MINI YOGA Group Exercise Studio Mickey		
1:00 - 1:45PM	2:00-2:45pm Aqua for Arthritis Evonne Pool 2	Work It in the Water Christine Pool 2		1:30-2:15pm Aqua for Arthritis Evonne Pool 2	1:30-2:30pm Aqua Zumba Alicia Pool 2	
2:00 - 3:00PM	Exercise for Parkinson's Program Center Lou *Fee		Exercise for Parkinson's Program Center Lou *Fee			
6:00 - 7:00PM	5:30-6:15pm Cardio/Strength Group Exercise Studio Penny		5:30-6:15pm Cardio/Strength Group Exercise Studio Cynthia	Weight Training Complexes Group Exercise Studio Kimberly	<h2 style="margin: 0;">More for your membership!</h2> <p style="margin: 0;">Group Exercise classes are included in your membership!</p> <p style="margin: 0;">Schedules available on our mobile app!</p> <p style="margin: 0;">Download by searching Butler County Family YMCA</p>	
6:15 - 7:15PM	Functional Yoga Group Exercise Studio Kimberly					
7:15 - 8:15PM	ZUMBA Group Exercise Studio Kati			7:30-8:30pm Tai Chi Beginner Continuing Group Exercise Studio Bill *Fee		

**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

**AM YOGA/Mini Yoga** - All inclusive and accessible practice for everyone offering many options in all the poses.

**Cardio Mash-Up** - A mix of low impact cardio mixed with short bursts of strength! Fun & effective! Great for beginners.

**Cardio/Strength** - Strengthen your core through a variety of movements that focus not only on core strength, but also balance/stability. Using the BOSU & balance on the floor, increase overall core stabilization & improve back support & posture.

**Cardio Surprise** - A FUN high-energy class that will mix cardio with balance, agility, coordination and body weight strength. Class format is Instructor choice.

**Exercise for Parkinson's** - Life-changing exercise & mobility program designed for people with Parkinson's Disease.

**Functional Walk Cardio** - Join this cardiovascular class which will mix variable-paced walking with optional obstacle course maneuvers 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** - Yoga that is designed to be useful in your every day life. Emphasis on mobility over flexibility. In order to move freely and easily, you need a combination of strength, suppleness, balance & coordination. The class will intentionally provide variability to challenge you. This is an opportunity to understand your body better. Class will also incorporate the mini ball to work our deep core muscles more efficiently and effectively. Class is for all levels. Prior Yoga experience not necessary, but participants need to be able to get up and down from the mat easily and willingness to pace yourself.

**Gentle YOGA** - This class is a blend of Yoga styles taught from a mat on the floor. All participants must possess self-sustained balance & must be comfortable in transitioning from a prone position on the floor to a standing position without support.

A basic functional assessment test may be required to attend this class. Great for the beginner!

**Line Dancing** - Research shows thinking and moving is superb for Active Older Adults. Join the fun!

**Pickleball** - Pickleball is great exercise for the active older adult. Drop in any time, bring a friend and stay as long as you like. First hour is for beginners, remainder of the time is for more advanced players.

**SAIL (Stay Active & Independent for Life)** - This class helps provide specific exercises that will help seniors stay active & reduce their chance of falling. Improve overall cardiovascular endurance, strength and balance.

**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 seated or standing support.

**SilverSneakers® Yoga** - This class will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

**Tai Chi-Beginner** - 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.

**Tai Chi-Beginner Continuing** - Must have taken Tai Chi Beginner and know Forms 1-8.

**Throwback Thursday Fun** - A little dance and fun, low impact cardio & strength with great music!

**Vinyasa Yoga** - Vinyasa is a style of yoga characterized by stringing postures together so that you move from one to another, seamlessly, using breath. Commonly referred to as "flow" yoga, it is sometimes confused with "power yoga". Vinyasa classes offer a variety of postures and no two classes are ever alike.

**Weight Training Complexes** - A complex is a series of 4-5 strength movements performed back-to-back with little rest. Your break is between the complex rounds. Complexes are great for building muscle and endurance, adding strength-based cardio to your workouts and burning fat. Class will utilize a variety of equipment: dumbbells, barbells, step, stability ball, and bosu! Core strength components of class will utilize the mini ball to work deep core muscles smarter, efficiently & effectively.

**Zumba®** - This class fuses Latin rhythms and easy to follow moves to create a dynamic workout that will blow you away! Achieve long-term benefits while experiencing an absolute blast in one exhilarating hour of calorie-burning, muscle pumping, body energizing movements meant to tone & sculpt your body while burning fat.

## WATER CLASSES

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

**Aqua Movin' & Groovin'** - A FUN, new class in the warm water pool where we'll be movin' & groovin' to the beat of anything from "oldies but goodies" to some modern music. No swimming required. Come try it!

**Aqua Zumba** - Aqua Zumba blends the Zumba philosophy with water resistance, for a pool party you shouldn't miss! There is less impact on your joints. Water creates natural resistance, every step is more challenging and helps tone muscles.

**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, 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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