



NEW TO EXERCISE & ACTIVE OLDER ADULTS GROUP EXERCISE SCHEDULE
Effective 4-26-21 to 6-26-21 (Land classes shaded gray/Program Center classes shaded yellow)

TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00 - 9:00AM		YOGA FOR ALL Group Exercise Studio Mickey			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	Easy Does it Water Alice O. <u>Pool 2</u>	Line Dancing Program Center Alice N.	Hatha Yoga Program Center Dee		
11:15 - 12:00PM		BARRE Group Exercise Studio Barb	Gentle Water Exercise Christine <u>Pool 2</u>	Gentle Water Exercise Christine <u>Pool 2</u>	
11:30A - 12:30P				TAI CHI ADVANCED Group Exercise Studio Bill *Fee	
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 Total Body Strength Evonne <u>Pool 2</u>	
12:00 - 1:00PM	Exercise for Parkinson's Program Center Lou *Fee		Exercise for Parkinson's Program Center Lou *Fee		
1:00 - 1:45PM	Aqua Dance Party Alice O. <u>Pool 2</u>				Aqua Dance Party Alice O. <u>Pool 2</u>
6:30 - 7:15PM	Functional Yoga Group Exercise Studio Kimberly		ZUMBA Group Exercise Studio Kati		
		PLEASE BRING YOUR OWN YOGA MAT, STRAPS, BLOCKS AND ANY OTHER EQUIPMENT YOU WISH TO USE FOR CLASS.			

More for your membership!

Group Exercise classes are included in your membership!

Schedules available on our mobile app!
 Download by searching Butler County Family YMCA



**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

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 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.

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.

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.

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. *Program Fee applies. Please register.

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

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 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!

Aqua Total Body Strength - 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!

Easy Does it Water - Let water be your resistance! Work your body in a comfortable, safe manner while challenging your endurance. If you have joint or bone issues, this is the workout you need!

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**

Butler YMCA • 339 North Washington St • Butler PA 724-287-4733 • www.bcfymca.org