



# NEW TO EXERCISE & ACTIVE OLDER ADULTS GROUP EXERCISE SCHEDULE

Effective 9-3-19 to 10-26-19 (Land classes shaded gray/Program Center classes shaded yellow)

TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Sat/Sun
6:00 - 7:00AM					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
9:15 - 9:45AM			Gym 2 OPEN No class, but feel free to WALK on your own!		Functional Walk Cardio Gym 2 Evonne	
10:00 - 10:45AM	SAIL Program Center Mickey		SilverSneakers® Classic Christine Program Center		SilverSneakers® Classic Penny Program Center	
10:30 - 11:00AM	10:00a-12:00p Drop-in Pickleball Gym 2	10:30-1:30pm Drop-in Pickleball Gym 2	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	11:15-12:15 Line Dancing Program Center Alice N.	SilverSneakers® Yoga Program Center Mickey	11:00-11:30am BARRE Group Exercise Studio Heidi	Gentle Yoga Group Exercise Studio Mickey	SUNDAY 11am-1pm Drop-in Pickleball Gym 2
See Times				11:30-12:15pm Cardio Mash-Up Group Exercise Studio Mickey	11:00-11:45am Chair Yoga Program Center Sally	
12:00 - 12:45PM	Cardio Mash-Up Group Exercise Studio Mickey	Gentle Water Exercise Christine <u>Pool 2</u>	12:30-1:15pm Aqua Movin' & Groovin' Evonne <u>Pool 2</u>	Gentle Water Exercise Christine <u>Pool 2</u>	Gentle Water Exercise Sally <u>Pool 2</u>	
12:15 - 12:45PM				MINI YOGA Group Exercise Studio Mickey		
1:00 - 1:45PM	Gentle Water Exercise Sally <u>Pool 2</u>	Work It in the Water Christine <u>Pool 2</u>		Work It in the Water Alice O. <u>Pool 2</u>	1:30-2:30pm Aqua Zumba Alicia <u>Pool 2</u>	
See Times	2:30-3:30 Delay the Disease Program Center Sally *Fee				2:30-3:30 Delay the Disease Program Center Sally *Fee	
See Times	5:30-6:15pm Cardio/Strength Group Exercise Studio Penny			6:00-7:00pm Weight Training Complexes Group Exercise Studio Kimberly	<p style="font-size: 1.2em; font-weight: bold; margin: 0;">More for your membership!</p> <p style="margin: 0;">ALL 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>	
7:00 - 8:00PM	6:15-7:15pm Mini Ball Yoga Group Exercise Studio Kimberly			Beginner Tai Chi Begins Sept 19 Group Exercise Studio Bill *Program fee		
7:15 - 8:15PM	ZUMBA Group Exercise Studio Kati		ZUMBA Group Exercise Studio Kati			

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 and Active Older Adults.

**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.

**Chair Yoga** - Introductory class focusing on the fundamentals of yoga. Class will contain yoga poses both seated & standing (using the chair if needed as support), along with modifications of the poses to suit participant's needs.

**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.

**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!

**Mini Ball Yoga** - Class will include traditional sun salutation, warrior, balance & flexibility poses. Mini ball included for strength conditioning. This class is for all levels, prior yoga experience not necessary, but participant needs to be able to get up/down from the mat easily & willingness to pace yourself. FOAM ROLLER on first Mondays will incorporate a foam roller for fascia release, stability and core strength. Participants must bring their own foam roller (36" soft density roller recommended)

**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.

**Vinyasa Yoga** - The movement is aligned and linked with the breath so that you move with each inhale and exhale.

**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, bosu and more! Core strength components of the class will utilize the mini ball to work deep core muscles smarter, more efficiently and 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 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: Group Exercise Coordinator - Mickey Stewart**  
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