



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ACTIVE OLDER ADULT FITNESS SCHEDULE

EFFECTIVE: OCTOBER 31' 2001

Monday	Tuesday	Wednesday	Thursday	Friday
	Forever Fit 9:15-10:00am A-Gym	FIRST Wed. of MONTH 8:45-9:15am Training Wheels Cycling room	Forever Fit 9:15-10:00am A-Gym	
	Senior Strength 10:00-11:00am Cardio Room/Nautilus	Senior Strength 10:00-11:00am Cardio Room/Nautilus	Senior Strength 10:00-11:00am Cardio Room/Nautilus	Senior Strength 10:00-11:00am Cardio Room
Zumba Gold® 11:30am-12:10pm	Silver Sneakers® Muscular Strength 10:30-11:15am A-Gym		Silver Sneakers® Muscular Strength 10:30-11:15am A-Gym	
Gentle Yoga 12:15-12:45pm Fitness Room			Zumba Gold® 11:30-Noon Fitness Room	
	Tai-Chi 3:30-4:30pm Fitness Room			Tai-Chi 3:30-4:30pm Fitness Room



Auburn YMCA-WEIU
27 William Street, Auburn NY 13021
P 315-253-5304 auburnymca.net





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Class Descriptions:

Forever Fit: This class is designed to help the Active Older Adult increase strength and improve balance through the use of hand weights and chair-assisted exercises. This class is also involved in community events and social gatherings. We meet twice a week in the A-gym!

Senior Strength: Strength Training Staff will assist you with the Nautilus circuit that is located in the upstairs Cardio Room. No appointment is necessary.

Silver Sneakers® Muscular Strength: This program is designed to increase strength, range of movement, agility, balance and coordination, and to improve participants' functional capacities, physical fitness level and sense of well-being. Members will use a variety of tools including hand weights, rubber tubing and a small ball. Although this is a chair assisted class it can accommodate any Active Older Adult.

Tai-Chi: The gentle flowing movements of Tai-Chi are sometimes described as "meditation in motion" because they promote serenity while connecting the mind and body. Each posture flows into the next without pause.

Training Wheels: This half hour class is held downstairs in our group cycling room. This class is perfect for the beginner, as you will learn how to set your seat and tension while riding at an appropriate pace. This class will only be held on the FIRST WEDNESDAY of each month.

ZUMBA Gold®- takes the Zumba Fitness formula and modifies the moves and pacing to suit the needs of the active older participant. Zesty Latin music and international rhythms, such as salsa, meringue and reggaeton, create the Zumba Party!

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