



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

MINI MAY SESSION

MAY 21-JUNE 8

SILVERSNEAKERS

MEMBERS: \$7 GENERAL PUBLIC: \$14
 FREE to SilverSneakers Insurance Enrollees

CLASSIC is an equipment based, multi-level, total body conditioning class in which students use hand-held weights, elastic tubing with handles, a SilverSneakers play ball, and a chair for standing and/or seated support.

WHEN: Tuesdays & Thursdays 10:30am - 11:15am

CIRCUIT is an advanced class for participants who can stand for 30 minutes while performing low-impact aerobic choreography alternated with standing upper body strength exercises.

WHEN: Fridays 10:30am - 11:15am

YOGA moves your body through a complete series of seated/standing yoga poses. Restorative breathing & a final relaxation promotes stress reduction & mental clarity.

WHEN: Mondays & Wednesdays 10:30am-11:15am

ADULT AQUATICS

PAY ONE FEE, ENJOY AS MANY CLASSES AS YOU LIKE
 MEMBERS: \$10 GENERAL PUBLIC: \$20

WATER EXERCISE

An exercise program that is both refreshing and beneficial in all fitness components. This 45 minute class efficiently utilizes the water to enhance flexibility and muscle toning while eliminating the stress on joints.

WATER JOGGING

With the aid of a float belt, you jog in the deep and shallow ends of the swimming pool. Along with additional exercises in class, this is a great 30 minute cardio and core workout for every fitness level.

RUSTY HINGES

A 40 minute class designed for older adults and individuals suffering from arthritis, as well as joint, muscle or back problems. exercises.

FRIDAY MORNING BONUS

If you're registered for the Water Exercise classes, you'll be able to attend this 30 minute "bonus" open time in the pool from 8:30-9:30am.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
8:30am	H ₂ O JOG	H ₂ O EXERCISE	H ₂ O JOG	H ₂ O EXERCISE
9:00am	H ₂ O EXERCISE	RUSTY HINGES AT NEW PERSPECTIVE	H ₂ O EXERCISE	
1:00pm	RUSTY HINGES at the Y		RUSTY HINGES at the Y	