



# OSHKOSH YMCA ACTIVE OLDER ADULTS FALL 2: NOVEMBER 1-DECEMBER 19

## DOWNTOWN YMCA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SENIOR PILATES 9:00 - 9:45 AM STUDIO 1		LOW IMPACT AEROBICS 9:00 - 9:45 AM STUDIO 4	SENIOR TRX (\$) 8:30 - 9:30 AM STUDIO 2 <i>*Reservation Required</i>	SILVERSNEAKERS CIRCUIT 9:00 - 9:45 AM STUDIO 4
SILVERSNEAKERS YOGA 10:00 - 10:45 AM STUDIO 4	SILVERSNEAKERS CLASSIC 10:15 - 11:00 AM STUDIO 4 (LIVE)	STRETCH, FLEX & BALANCE 10:00 - 10:30 AM STUDIO 3	SILVERSNEAKERS CLASSIC 10:15 - 11:00 AM STUDIO 4	SILVERSNEAKERS YOGA 10:00 - 10:45 AM STUDIO 4 (LIVE)
		CHAIR CARDIO & CORE 10:45 - 11:30 AM STUDIO 4	SENIOR CYCLING 10:15 - 11:00 AM STUDIO 2 <i>*Reservation Required</i>	

## 20TH AVE YMCA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	ZUMBA GOLD 9:00 - 10:00 AM AEROBICS ROOM	SENIOR TRX (\$) 8:00 - 9:00 AM SMB ROOM <i>*Reservation Required</i>	SENIOR AEROBIC DANCE 9:15 - 10:00 AM AEROBICS ROOM	
SILVERSNEAKERS CLASSIC 9:15 - 10:00 AM SMB ROOM	SENIOR CYCLING 9:15 - 10:00 AM FAMILY GYM <i>*Reservation Required</i>	SILVERSNEAKERS CIRCUIT 9:15 - 10:00 AM SMB ROOM	SENIOR CYCLING 9:15 - 10:00 AM FAMILY GYM <i>*Reservation Required</i>	SILVERSNEAKERS CLASSIC 9:15 - 10:00 AM SMB ROOM
	SILVERSNEAKERS YOGA 10:15 - 11:00 AM SMB ROOM		SILVERSNEAKERS YOGA 10:15 - 11:00 AM SMB ROOM	
	SILVERSNEAKERS YOGA 11:15 - 12:00 PM SMB ROOM		SENIOR PILATES 11:15 - 12:00 PM SMB ROOM	

### VIRTUAL CLASS OPTIONS - LIVE

TUESDAY: SilverSneakers Classic, 10:15-11:00 AM

FRIDAY: SilverSneakers Yoga, 10:00-10:45 AM

LIVE in the "Oshkosh YMCA Active Older Adults" Facebook Group:

[www.facebook.com/groups/862149517191929](http://www.facebook.com/groups/862149517191929)

(FREE AND OPEN TO ALL!)

(\$ ) TRX PUNCH CARDS AVAILABLE:

\$25/10 classes, \$5/Drop In

**NEW CLASS OFFERING!**

**\*Reserve your spot online at [www.oshkoshymca.org](http://www.oshkoshymca.org) or by calling 230-8439.**

Schedule subject to change without notice. For inquires about our Active Older Adult exercise program, contact Siri Smits, Active Older Adult Engagement Director. Email: [sirismits@oshkoshymca.org](mailto:sirismits@oshkoshymca.org) Phone: (920) 230-8916



## OSHKOSH YMCA ACTIVE OLDER ADULTS CLASS DESCRIPTIONS

**CHAIR CARDIO & CORE:** Ease into fitness while sitting in a chair! This class is designed for people who struggle with balance, have limited mobility, or are new to exercise! No equipment needed and no getting up and down from the floor. Improve muscle tone & flexibility and increase the efficiency of your heart & vascular system while working at your own pace with others just like you!

**LOW IMPACT AEROBICS:** This class offers a full body workout that will help you move without high impact.

**SENIOR CYCLING:** Take a fun-filled group ride that's fitting for beginners and seasoned cyclists.

**SENIOR PILATES:** Pilates offers unique opportunities for participants to work on core muscles and toning. This version is less strenuous than a "regular" Pilates class.

**SENIOR TRX:** The TRX strap is a great tool for seniors to improve their balance, increase joint mobility and stability, and gain muscular strength. You will use the strap to push, pull, and lift your own bodyweight.

**SENIOR AEROBIC DANCE:** Enjoy a great workout while moving to the beat! This class will improve your cardiovascular endurance and keep you smiling.

**SILVERSNEAKERS CIRCUIT:** Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength-work (with hand-held weights, elastic tubing with handles and a ball) is alternated with non-impact aerobic choreography. A chair is offered for support, stretching and relaxation exercises.

**SILVERSNEAKERS CLASSIC:** Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance; and a chair is used for seated and/or standing support.

**SILVERSNEAKERS YOGA:** Chair Yoga 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 postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and a final relaxation will promote stress reduction and mental clarity.

**STRETCH, FLEX & BALANCE:** Stretch your muscles from head to toe and improve balance using simple yoga and Pilates moves.

**ZUMBA GOLD:** Ditch the workout and join the party! This is an easy-to-follow program set to Latin and International music that lets you move to the beat at your own speed. This class is great for Active Older Adults that prefer a low-impact workout experience.