

WELCOME!

At the YMCA, we've made the health and fitness of our seniors a top priority by providing programs for the spirit, mind and body.

Through programs that concentrate on mobility, flexibility, and community, the YMCA is bringing Seniors together to support healthy, active lifestyles, fellowship, and fun.

Plus, most Seniors programs are free for Y members!

In this brochure, you will find information specifically about our GROUP EXERCISE class offerings our older adult members can most easily participate in.*

These classes promote fitness and well-being while fostering friendships and camaraderie!

Some classes are specifically designed for older adults, while others are easily adaptable to meet your fitness level and physical accommodations!

*We understand that everyone and every body is different. You are, of course, welcome to try any and all of our group exercise classes! Please do not feel limited to the classes listed here!



Our Mission: To put Christian Principles into practice through programs that build healthy spirit, mind, and body for ALL.

Lauren Milius

Health and Wellness Director
Lauren.Milius@AustinYMCA.org
512.933.9622



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

**HAPPY
HEALTHY
ACTIVE LIFE**

Active Older Adults PROGRAM SCHEDULE

East Communities YMCA
5315 Ed Bluestein Blvd.
Austin, TX 78723
512.933.9622

AOA Class Schedule: NOV 2018 to JAN 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				CYCLING Shane 6-7am	
	CYCLING Lauren 8-9am		CYCLING Lauren 8-9am		ZUMBA® Maria 8:15-9:15am
AQUA Interval Carrie 9:30-10:30am	AOA Fitness Carrie 9:30-10:30am	AQUA Interval Carrie 9:30-10:30am	AOA Fitness Carrie 9:30-10:30am	AQUA Interval Clarence 9:30-10:30am	CYCLING Shane 9:30-10:30am
HATHA YOGA Uma 9:30-10:30am		RESTORATIVE YOGA Annick 9:30-10:30am		HATHA YOGA Annick 9:30-10:30am	
ZUMBA® Heba 10:35-11:35a				ZUMBA® Heba 10:35-11:35a	GENTLE YOGA Uma 10:45-11:45a
SILVER- SNEAKERS® CLASSIC Carrie 11:45a-12:30pm		SILVER- SNEAKERS® CLASSIC Carrie 11:45a-12:30pm			
MAT PILATES Cara 12-12:45pm		MAT PILATES Cara 12-12:45pm		LINE DANCING Brenda 12-1pm	AQUA Interval Jennifer 12-1pm
CARDIO MIX Sharon 5:45-6:30pm	AQUA Interval Jennifer 6:30-7:30pm	CARDIO MIX Sharon 5:45-6:30pm			
CYCLING Shane 6:15-7:15pm	ZUMBA® Vanessa 6:35-7:35pm	CYCLING Shane 6:15-7:15pm	AQUA Interval Jennifer 6:30-7:30pm	ZUMBA® Hannah 6-7pm	SUNDAY
	GENTLE YOGA Dexi 7-8pm		GENTLE Yoga Dexi 7-8pm		ZUMBA® Maria/Hannah 2-3pm
					RESTORATIVE YOGA Helaine 4:30-5:45pm

This schedule is subject to change without notice.

EXERCISE CLASS DESCRIPTIONS:

AOA Fitness: A class designed for seniors that includes a cardio workout followed by muscular toning and stretching.

Aqua Fit: This high-intensity, low-impact class incorporates cardio to help with your weight loss goals, muscle toning, strengthening, balance, and flexibility.

Cardio Mix: A combination of different low-impact cardiovascular moves that is appropriate for all fitness levels.

Cycling-All Levels: Each ride is unique but will include a variety of simulated hills and racing. Easy to modify to your comfort level.

Gentle Hatha Yoga: Gentle stretching and breathing to enhance your awareness of your body, reduce stress and body aches.

Line Dancing: Choreographed group dance! Line dancing beginners and experts alike are welcome.

Mat Pilates: Learn the fundamental exercises of Pilates to strengthen your core, lengthen your body, and improve your posture.

Restorative Yoga: Aligns the physical and mental by practicing stillness or gentle movement for extended periods of time.

SilverSneakers® Classic: Low intensity class to increase muscle strength, range of movement, and improve activities for daily living.

Zumba®: Fat blaster! Fuses hypnotic Latin and world rhythms for a dynamic interval workout!