

# Wheeler YMCA Senior Activities—March 2019

Updated 2/24/19

MON	TUE	WED	THU	FRI
Shallow Water Fitness 6:00 am Multipurpose Pool	Shallow Water Fitness 6:00 am Multipurpose Pool		Shallow Water Fitness 6:00 am Multipurpose Pool	Shallow Water Fitness 6:00 am Multipurpose Pool
Senior Cardio 8:25 am Studio B/C	Senior Strength & Balance 8:25 am Studio B/C	Gentle Pilates 8:25 am Studio B/C	Senior Cardio 8:25 am Studio B/C	Senior Strength & Balance 8:25 am Studio B/C
Shallow Water Fitness 9:00 am Multipurpose Pool	Shallow Water Fitness 9:00 am Multipurpose Pool	Shallow Water Fitness 9:00 am Multipurpose Pool	Shallow Water Fitness 9:00 am Multipurpose Pool	Shallow Water Fitness 9:00 am Multipurpose Pool
Deep Water Cardio 10:00 am Lap Pool	Coffee & Conversation 9:30am Rudy Room	Senior Strength Circuit 10:00 am Wellness Center	Deep Water Cardio 10:00 am Lap Pool	Deep Water Cardio 10:00 am Lap Pool
Senior Strength Circuit 10:00 am Wellness Center	Deep Water Cardio 10:00 am Lap Pool	Silver Sneakers Circuit 10:45 am Studio B/C	Silver Sneakers Circuit 10:45 am Studio B/C	Pickleball 11:00 am Gymnasium
Senior Cardio 10:45am Studio B/C	Aqua Arthritis 10:45 am Multipurpose Pool	Bring you Grandchild to the Pool Day! 10:45 am-1:00 pm Multipurpose Pool	Aqua Arthritis 10:45am Multipurpose Pool	
Bring you Grandchild to the Pool Day! 10:45 am-1:00 pm	Silver Sneakers Classic 10:45 am Studio B/C			Zumba Gold 4:30 pm Studio B/C
	Pickleball 11:00 am Gymnasium	Gentle Yoga 6:45 pm Wheeler Room		Deep Water Walking 7:30 pm Lap Pool
	Aquacise 7:15 pm Multipurpose Pool	Qui Gong Water Yoga 7:30 pm Multipurpose Pool		*Coffee in the lobby all morning!*



## Upcoming Events

Insights to Reduce Stress and Increase Personal Effectiveness presented by Linda Coveney  
Friday, March 29  
9:30am in the Rudy Room

Balance & Falls Seminar presented by Fyzical Therapy and Balance Centers  
Date TBD in Early April

## SATURDAY

Shallow Water Fitness  
7:15 am  
Multipurpose pool

## SUNDAY

Aqua Zumba  
9:30 am  
Multipurpose pool



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## GROUP EXERCISE CLASSES

**SENIOR CARDIO** - A Cardio Class for Active Seniors or those brand new to fitness. Lower cardio intensity options and no core floor work will raise heart rates for a total body workout, including cardio endurance. Beginner-Senior fitness level.

**SENIOR STRENGTH CIRCUIT**- This drop-in class will focus on strength training for Seniors using our pin-selected strength equipment in a group setting. You will be put through a total body workout by following our Express 10 workout and lead by our H & W staff.

**SENIOR STRENGTH & BALANCE** - A perfect fit for the beginner or anyone looking to improve flexibility and strength, two factors that have been proven to help reduce falls and improve balance.

**SILVERSNEAKERS CIRCUIT®**-Circuit is designed to improve cardio fitness by alternating cardio and strength intervals. Our cardio segments will elevate your heart rate and improve coordination. Strength intervals will mix isolation strength with full body mobility work

**SILVERSNEAKERS CLASSIC®** - Focuses on strengthening muscles and increasing range of movement for daily life activities. Participants can use hand-held weights, elastic tubing with handles and a SilverSneakers ball. Often a chair is used for seated exercises or standing support.

**GENTLE PILATES**- Great for all levels of fitness. A modified Pilates program designed for total body conditioning through flowing movement and breath.

**GENTLE YOGA**- - Perfect for all levels, this practice focuses the healing art Yoga on the student, while remaining deeply rooted of the vast treasury of the spirituality & wisdom within the yoga tradition.

**ZUMBA GOLD**- A lower impact Zumba® Class designed beginners and/or people who are not used to exercising.

## AQUA GROUP EXERCISE CLASSES

**SHALLOW WATER FITNESS**- Wake up and start your day with a comprehensive workout! This class includes stretching, toning, and core work. Feel refreshed and energized to enjoy the rest of your day! This is a great class for ALL Fitness Levels!

**DEEP WATER CARDIO**- Take a load off you feet and join us in a deep water cardio class! Using a waist support, this class will release joint pressure and give you a great work out at the same time!

**AQUA ARTHRITIS**- This class uses a gentle range-of motion workout to help people with arthritis improve joint flexibility and decrease pain or stiffness through the warmth, buoyancy and gentle resistance of an aquatic environment

**AQUACISE**- Come join us for lots of upbeat music, cardio exercise and shallow water stretching! This class combines water cardio workouts, strength training with weights and noodles and end the class with some stretching and water yoga poses.

**QI GONG WATER YOGA**-This class blends Qi Gong (4,000 year old Chinese flowing meditation in motion) into a water activity! Qi Gong is mainly standing moves that focuses on moving one's own energy field around as if flowing through water. Qi Gong boosts the immune system and is beneficial for all ages and abilities.

## OTHER ACTIVITIES

**COFFEE & CONVERSTATION**- Meet other YMCA members in the Rudy Room for coffee and discuss whatever you'd like! Take a class first and then

**PICKLEBALL**—Pickleball is paddle sport created for all ages and skill levels. Pickleball is played on a badminton-sized court and a slightly modified tennis net. The sport is played with a paddle and a plastic ball with holes. Come join the fun!