

# GLASTONBURY FAMILY YMCA

## SENIOR GROUP EXERCISE SCHEDULE



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
AM	AM	AM	AM	AM	AM	AM
		11:00 <b>SILVER SNEAKERS</b> 11:45 <b>CLASSIC</b> Multipurpose Room			11:00 <b>SILVER SNEAKERS</b> 11:45 <b>CIRCUIT</b> Multipurpose Room	
PM	PM	PM	PM	PM	PM	PM

6:00 **SILVER SNEAKERS**  
6:45 **CLASSIC**  
Multipurpose Room



**Glastonbury Family YMCA**

95 Oakwood Drive Glastonbury, CT 06401

P 860 633 6548 F 860 659 3301 W [Glastonburymca.org](http://Glastonburymca.org)

## **CLASS DESCRIPTIONS**

Group exercise classes are for all levels of fitness. Inform the instructor if you are new to the Y, we are happy to show modifications for all levels of fitness.

**SILVER SNEAKERS CIRCUIT** –Offers low-impact choreography alternating with standing upper-body strength work. Suitable for all levels, but can be modified depending on fitness level.

**SILVER SNEAKERS CLASSIC** – Designed to increase muscle strength, range of motion and improve activities for daily living. A chair is used for seated exercises & standing support. Suitable for all levels, but can be modified depending on skill level.

**YOGA & GENTLE YOGA** – A multi-level class for both new and experienced students. Yoga will help cultivate self-awareness and stress reduction while exploring strength, flexibility and balance. Using breath work, alignment, postures, sequences and relaxation techniques, students will leave having learned tools to use for their life-long well-being.

**COMING SOON:**

**GROUP CYCLE** – a high energy spinning class taught on a stationary bike targeting heart rate zone training, lower body strength, endurance and lots of sweat.