

October 2019–Senior Calendar

MON	TUE	WED	THU	FRI
	1 8:30am–Aqua Fitness 9:30am–Sr Dance 9:30–Blood Pressure and Sugar Screening 10:00am–Aqua Fitness 10:00am–Pickleball 10:30am–Stretch and Balance 11:00am–Aqua Fitness	2 8:15am–Healthy Back 9:00am–Aqua Fitness 9:30am–Sr Strength & Balance 10:30am–Tai Chi 11am–Silver Sneakers Circuit	3 8:30am–Aqua Fitness 9:30am–Sr Dance 10:00am–Aqua Fitness 11:00am–Aqua Fitness 11:30am–Pickleball	4 9:00am–Aqua Fitness 9:30am–Sr Strength & Balance 10:30am–Coffee Social 11am–Silver Sneakers Yoga
7 8:15am–Healthy Back 9:00am–Aqua Zumba 9:30am–Sr Strength & Balance 11am–Silver Sneakers 11:30am–Pickleball	8 8:30am–Aqua Fitness 9:30am–SR Dance 10:00am–Aqua Fitness 10:00am–Pickleball 10:30am–Stretch and Balance 11:00am–Aqua Fitness	9 8:15am–Healthy Back 9:00am–Aqua Fitness 9:30am–Sr Strength & Balance 10:30am–Tai Chi 11am–Silver Sneakers Circuit	10 8:30am–Aqua Fitness 9:30am–Sr Dance 10:00am–Aqua Fitness 11:00am–Aqua Fitness 11:30am–Pickleball	11 9:00am–Aqua Fitness 9:30am–Sr Strength & Balance 10:30am–Coffee Social 11am–Silver Sneakers Yoga
14 8:15am–Healthy Back 9:00am–Aqua Zumba 9:30am–Sr Strength & Balance 11am–Silver Sneakers 11:30am–Pickleball	15 8:30am–Aqua Fitness 9:30am–SR Dance 10:00am–Aqua Fitness 10:00am–Pickleball 10:30am–Stretch and Balance 11:00am–Aqua Fitness	16 8:15am–Healthy Back 9:00am–Aqua Fitness 9:30am–Sr Strength & Balance 10:30am–Tai Chi 11am–Silver Sneakers Circuit	17 8:30am–Aqua Fitness 9:30am–Sr Dance 10:00am–Aqua Fitness 11:00am–Aqua Fitness 11:30am–Pickleball	18 9:00am–Aqua Fitness 9:30am–Sr Strength & Balance 10:30am–Coffee Social 11am–Silver Sneakers Yoga
21 8:15am–Healthy Back 9:00am–Aqua Zumba 9:30am–Sr Strength & Balance 11am–Silver Sneakers 11:30am–Pickleball	22 8:30am–Aqua Fitness 9:30am–SR Dance 10:00am–Aqua Fitness 10:00am–Pickleball 10:30am–Stretch and Balance 11:00am–Aqua Fitness	23 8:15am–Healthy Back 9:00am–Aqua Fitness 9:30am–Sr Strength & Balance 10:30am–Tai Chi 11am–Silver Sneakers Circuit	24 8:30am–Aqua Fitness 9:30am–Sr Dance 10:00am–Aqua Fitness 11:00am–Aqua Fitness 11:30am–Pickleball	25 9:00am–Aqua Fitness 9:30am–Sr Strength & Balance 10:30am–Coffee Social 11am–Silver Sneakers Yoga
28 8:15am–Healthy Back 9:00am–Aqua Zumba 9:30am–Sr Strength & Balance 11am–Silver Sneakers 11:30am–Pickleball	29 8:30am–Aqua Fitness 9:30am–SR Dance 10:00am–Aqua Fitness 10:00am–Pickleball 10:30am–Stretch and Balance 11:00am–Aqua Fitness	30 8:15am–Healthy Back 9:00am–Aqua Fitness 9:30am–Sr Strength & Balance 10:30am–Tai Chi 11am–Silver Sneakers Circuit	31 8:30am–Aqua Fitness 9:30am–Sr Dance 10:00am–Aqua Fitness 11:00am–Aqua Fitness 11:30am–Pickleball	



Upcoming Events

Medicare Seminar
 October 7th
 10:30am

Flu Clinic
 October 14th
 YMCA Lobby
 8:30am–10:30am

Senior Nutritional Seminar
 October 28th
 10:30am

Farmington Valley YMCA
 97 Salmon Brook Street
 Granby, Ct 06035
 860-653-5524

CLASS DESCRIPTIONS

AQUA FITNESS – A low impact but high intensity water aerobics where no swimming skills are needed. This class is designed to improve flexibility, range of motion, strength, muscle tone and cardiovascular endurance while using the resistance of the water to cushion the feet, knees and back.

AQUA ZUMBA – A low impact but high intensity water dance/Zumba class where no swimming skills are needed. This class is designed to improve flexibility, range of motion, strength, muscle tone and cardiovascular endurance while using the resistance of the water to cushion the feet, knees and back.

SENIOR DANCE – A fun way to enjoy getting exercise in! Learn routines to all types of music including: top 40, oldies, disco, country & line dances too. No dance experience necessary.

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.

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.

SILVER SNEAKERS YOGA – Move through seated and standing yoga poses designed to increase flexibility, balance and range of motion. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

TAI CHI/CHI GONG – Tai Gong is an eclectic mix of Tai Chi and Qi Gong. A graceful form of exercise used for reducing stress and treatment of a variety of other health conditions. Often described as meditation in motion. This class promotes serenity through gentle flowing movements. It involves a series of movements performed in a slow, focused manner and accompanied by deep breathing.