


# September 2019–Senior Calendar

MON	TUE	WED	THU	FRI	
<p>2</p> <p><b>Labor Day</b> Open 8am–2pm No classes</p>	<p>3</p> <p>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</p>	<p>4</p> <p>8:15am–Healthy Back 9:00am–Aqua Fitness 9:30am–Sr Strength &amp; Balance 11am–Silver Sneakers Circuit</p>	<p>5</p> <p>8:30am–Aqua Fitness 9:30am–Sr Dance 10:00am–Aqua Fitness 11:00am–Aqua Fitness 11:30am–Pickleball</p>	<p>6</p> <p>9:00am–Aqua Fitness 9:30am–Sr Strength &amp; Balance 10:30am–Coffee Social 11am–Silver Sneakers Yoga</p>	 <p><b>Upcoming Events</b></p> <p><b>Life Line</b> September 24th 8am–5pm</p> <p><b>Flu Clinic</b> September 30th YMCA Lobby 8:30am–10:30am</p> <p>Farmington Valley YMCA 97 Salmon Brook Street Granby, Ct 06035 860-653-5524</p>
<p>9</p> <p>8:15am–Healthy Back 9:00am–Aqua Zumba 9:30am–Sr Strength &amp; Balance 11am–Silver Sneakers 11:30am–Pickleball</p>	<p>10</p> <p>8:30am–Aqua Fitness 9:30am–SR Dance 10:00am–Aqua Fitness 10:00am–Pickleball 10:30am–Stretch and Balance 11:00am–Aqua Fitness</p>	<p>11</p> <p>8:15am–Healthy Back 9:00am–Aqua Fitness 9:30am–Sr Strength &amp; Balance 11am–Silver Sneakers Circuit</p>	<p>12</p> <p>8:30am–Aqua Fitness 9:30am–Sr Dance 10:00am–Aqua Fitness 11:00am–Aqua Fitness 11:30am–Pickleball</p>	<p>13</p> <p>9:00am–Aqua Fitness 9:30am–Sr Strength &amp; Balance 10:30am–Coffee Social 11am–Silver Sneakers Yoga</p>	
<p>16</p> <p>8:15am–Healthy Back 9:00am–Aqua Zumba 9:30am–Sr Strength &amp; Balance 11am–Silver Sneakers 11:30am–Pickleball</p>	<p>17</p> <p>8:30am–Aqua Fitness 9:30am–SR Dance 10:00am–Aqua Fitness 10:00am–Pickleball 10:30am–Stretch and Balance 11:00am–Aqua Fitness</p>	<p>18</p> <p>8:15am–Healthy Back 9:00am–Aqua Fitness 9:30am–Sr Strength &amp; Balance 11am–Silver Sneakers Circuit</p>	<p>19</p> <p>8:30am–Aqua Fitness 9:30am–Sr Dance 10:00am–Aqua Fitness 11:00am–Aqua Fitness 11:30am–Pickleball</p>	<p>20</p> <p>9:00am–Aqua Fitness 9:30am–Sr Strength &amp; Balance 10:30am–Coffee Social 11am–Silver Sneakers Yoga</p>	
<p>23</p> <p>8:15am–Healthy Back 9:00am–Aqua Zumba 9:30am–Sr Strength &amp; Balance 11am–Silver Sneakers 11:30am–Pickleball</p>	<p>24</p> <p>8:30am–Aqua Fitness 9:30am–SR Dance 10:00am–Aqua Fitness 10:00am–Pickleball 10:30am–Stretch and Balance 11:00am–Aqua Fitness</p>	<p>25</p> <p>8:15am–Healthy Back 9:00am–Aqua Fitness 9:30am–Sr Strength &amp; Balance 11am–Silver Sneakers Circuit</p>	<p>26</p> <p>8:30am–Aqua Fitness 9:30am–Sr Dance 10:00am–Aqua Fitness 11:00am–Aqua Fitness 11:30am–Pickleball</p>	<p>27</p> <p>9:00am–Aqua Fitness 9:30am–Sr Strength &amp; Balance 10:30am–Coffee Social 11am–Silver Sneakers Yoga</p>	
<p>30</p> <p>8:15am–Healthy Back 9:00am–Aqua Zumba 9:30am–Sr Strength &amp; Balance 11am–Silver Sneakers 11:30am–Pickleball</p>					

## 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.