


Wheeler YMCA Senior Activities–December 2019

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	 <p>Upcoming Events</p> <p>December 2–Giving Tuesday! Help support Y programs and families with your gift!</p> <p>December 15–Breakfast with Santa–Bring your grandkids or reach out to Jen to volunteer at this event!</p> <p>December 19–Blood drive in the gymnasium</p> <p>Perfect 10 Program! Visit the Y at least 10x per month for 3 consecutive months to win a prize! Make sure you're checking in every time you come!</p>
Poolates 8:00 am Multipurpose Pool	Senior Strength & Balance 8:25 am Studio B/C	Poolates 8:00 am Multipurpose Pool	Senior Cardio 8:25 am Studio B/C	Poolates 8:00 am Multipurpose Pool	
Senior Cardio 8:25 am Studio B/C	Shallow Water Fitness 9:00 am Multipurpose Pool	Gentle Pilates 8:25 am Studio B/C	Shallow Water Fitness 9:00 am Multipurpose Pool	Senior Strength & Balance 8:25 am	
Shallow Water Fitness 9:00 am Multipurpose Pool	Coffee & Conversation 9:30am Rudy Room	Shallow Water Fitness 9:00 am Multipurpose Pool	Deep Water Cardio 10:00 am Lap Pool	Shallow Water Fitness 9:00 am Multipurpose Pool	
Deep Water Cardio 10:00 am Lap Pool	Deep Water Cardio 10:00 am Lap Pool	Senior Strength Circuit 10:00 am Wellness Center	Tai Chi 10:45 am Studio B/C	Deep Water Cardio 10:00 am Lap Pool	
Senior Strength Circuit 10:00 am Wellness Center	Open Senior Swim 10:45 am Multipurpose Pool	Silver Sneakers Circuit 10:45 am Studio B/C	Open Senior Swim 10:45 am Multipurpose Pool	Pickleball 11:00 am Gymnasium	
Silver Sneakers Circuit 10:45am Studio B/C	Silver Sneakers Classic 10:45 am Studio B/C	Bring your Grandchild to the Pool Day! 10:45 am–1:00 pm Multipurpose Pool		Zumba Gold 4:45 pm Studio B/C	
Bring your Grandchild to the Pool Day! 10:45 am–1:00 pm	Pickleball 11:00 am Gymnasium	Gentle Yoga 6:45 pm Wheeler Room			
	Aquacise 7:15 pm Multipurpose Pool			*Coffee in the lobby all morning!*	

SATURDAY

Shallow Water Fitness

7:15 am
Multipurpose pool

SUNDAY

Shallow Water Fitness

9:15 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.

POOLATES-Effective and challenging, Poolates® is soothing to the mind and spirit and gentler on joints and muscles than land-based exercises. Poolates® innovatively uses the buoyancy, resistance, and gentle movement of water to strengthen muscles, enhance flexibility and posture, sharpen coordination and balance, and relax body and soul. Poolates® - the perfect marriage of the principles of Pila-

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!