

January 2020-Senior Calendar

MON	TUE	WED	THU	FRI
		1 NEW YEARS DAY OPEN 8AM-12PM	2 8:30am-Aqua Fitness 9:30am-Sr Dance 10:00am-Aqua Fitness 11:00am-Aqua Fitness 11:30am-Pickleball	3 9:00am-Aqua Fitness 9:30am-Sr Strength & Balance 10:30am-Coffee Social 11am-Silver Sneakers Yoga
6 8:15am-Healthy Back 9:00am-Aqua Zumba 9:30am-Sr Strength & Balance 11am-Silver Sneakers 11:30am-Pickleball	7 8:30am-Aqua Fitness 9:30am-Sr Dance 9:30-Blood Screening 10:00am-Aqua Fitness 10:00am-Pickleball 11:00am-Aqua Fitness	8 8:15am-Healthy Back 9:00am-Aqua Fitness 9:30am-Sr Strength & Balance 11am-Silver Sneakers Circuit	9 8:30am-Aqua Fitness 9:30am-Sr Dance 10:00am-Aqua Fitness 11:00am-Aqua Fitness 11:30am-Pickleball	10 9:00am-Aqua Fitness 9:30am-Sr Strength & Balance 10:30am-Coffee Social 11am-Silver Sneakers Yoga
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27 8:15am-Healthy Back 9:00am-Aqua Zumba 9:30am-Sr Strength & Balance 11am-Silver Sneakers 11:30am-Pickleball	28 8:30am-Aqua Fitness 9:30am-Sr Dance 10:00am-Aqua Fitness 10:00am-Pickleball 11:00am-Aqua Fitness	29 8:15am-Healthy Back 9:00am-Aqua Fitness 9:30am-Sr Strength & Balance 11am-Silver Sneakers Circuit	30 8:30am-Aqua Fitness 9:30am-Sr Dance 10:00am-Aqua Fitness 11:00am-Aqua Fitness 11:30am-Pickleball	31 9:00am-Aqua Fitness 9:30am-Sr Strength & Balance 10:30am-Coffee Social 11am-Silver Sneakers Yoga



Upcoming Events

Senior Synrgy

With Katie
 Tuesdays at 9:30am
 Jan 7th-Jan 28th
 Members \$59

Senior GloveUp

With Tessa
 Wed at 9:15am
 Jan 8th-Jan 29th
 Members \$59

Senior Balance & Flex

With Kathryn
 Thurs at 9:30am
 Jan 9th-Jan 30th
 Members \$59

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.