

March 2020–Senior Calendar

MON	TUE	WED	THU	FRI
2 8:15am–Healthy Back 9:00am–Aqua Zumba 9:30am–Sr Strength & Balance 11:15 am–Silver Sneakers 11:30am–Pickleball	3 8:30am–Aqua Fitness 9:30am–Sr Dance 9:30–Blood Screening 10:00am–Aqua Fitness 10:00am–Pickleball 11:00am–Aqua Fitness	4 8:15am–Healthy Back 9:00am–Aqua Fitness 9:30am–Sr Strength & Balance 11:15am–Silver Sneakers Circuit	5 8:30am–Aqua Fitness 9:30am–Sr Dance 10:00am–Aqua Fitness 11:00am–Aqua Fitness 11:30am–Pickleball	6 9:00am–Aqua Fitness 9:30am–Sr Strength & Balance 10:30am–Coffee Social 11:15am–Silver Sneakers Circuit
9 8:15am–Healthy Back 9:00am–Aqua Zumba 9:30am–Sr Strength & Balance 11:15 am–Silver Sneakers 11:30am–Pickleball	10 8:30am–Aqua Fitness 9:30am–Sr Dance 10:00am–Aqua Fitness 10:00am–Pickleball 11:00am–Aqua Fitness	11 8:15am–Healthy Back 9:00am–Aqua Fitness 9:30am–Sr Strength & Balance 11:15am–Silver Sneakers Circuit	12 8:30am–Aqua Fitness 9:30am–Sr Dance 10:00am–Aqua Fitness 11:00am–Aqua Fitness 11:30am–Pickleball	13 9:00am–Aqua Fitness 9:30am–Sr Strength & Balance 10:30am–Coffee Social 11:15am–Silver Sneakers Circuit
16 8:15am–Healthy Back 9:00am–Aqua Zumba 9:30am–Sr Strength & Balance 11:15 am–Silver Sneakers 11:30am–Pickleball	17 8:30am–Aqua Fitness 9:30am–Sr Dance 10:00am–Aqua Fitness 10:00am–Pickleball 11:00am–Aqua Fitness	18 8:15am–Healthy Back 9:00am–Aqua Fitness 9:30am–Sr Strength & Balance 11:15am–Silver Sneakers Circuit	19 8:30am–Aqua Fitness 9:30am–Sr Dance 10:00am–Aqua Fitness 11:00am–Aqua Fitness 11:30am–Pickleball	20 9:00am–Aqua Fitness 9:30am–Sr Strength & Balance 10:30am–Coffee Social 11:15am–Silver Sneakers Circuit
23 8:15am–Healthy Back 9:00am–Aqua Zumba 9:30am–Sr Strength & Balance 11:15 am–Silver Sneakers 11:30am–Pickleball	24 8:30am–Aqua Fitness 9:30am–Sr Dance 10:00am–Aqua Fitness 10:00am–Pickleball 11:00am–Aqua Fitness	25 8:15am–Healthy Back 9:00am–Aqua Fitness 9:30am–Sr Strength & Balance 11:15am–Silver Sneakers Circuit	26 8:30am–Aqua Fitness 9:30am–Sr Dance 10:00am–Aqua Fitness 11:00am–Aqua Fitness 11:30am–Pickleball	27 9:00am–Aqua Fitness 9:30am–Sr Strength & Balance 10:30am–Coffee Social 11:15am–Silver Sneakers Circuit
30 8:15am–Healthy Back 9:00am–Aqua Zumba 9:30am–Sr Strength & Balance 11:15 am–Silver Sneakers 11:30am–Pickleball	31 8:30am–Aqua Fitness 9:30am–Sr Dance 10:00am–Aqua Fitness 10:00am–Pickleball 11:00am–Aqua Fitness			



Upcoming Events
Monthly Punch Card Promotion
 Get your new card at the Welcome Center

Blood Pressure/ Sugar Screening
 March 3rd
 9:30–11am

Health Care Workshop
 March 16th
 10:30–11:30am

Member Appreciation Day
 March 17th

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.