



# Water Exercise & SilverSneakers Fitness Schedule 2011

Effective September 6

## MILLS FORD STUDIO

	Monday	Tuesday	Wednesday	Thursday	Friday
9 – 10 a.m.		SilverSneakers® Muscular Strength & Range of Movement (Ann)		SilverSneakers® Muscular Strength & Range of Movement (Anita)	

## YMCA STUDIO

	Monday	Tuesday	Wednesday	Thursday	Friday
10:50-11:50 a.m.	SilverSneakers® Muscular Strength & Range of Movement (Traci/Heidi)		SilverSneakers® Muscular Strength & Range of Movement (Carrie/Natalie)		SilverSneakers® Muscular Strength & Range of Movement (Ann/Kris)
10:50 a.m.		SilverSneakers® Cardio Circuit 10:50-11:40 (Anita)		SilverSneakers® Cardio Circuit 10:50-11:40 (Lynn)	

## AQUACISE ~ AQUATIC CENTER/LAP POOL

	Monday	Tuesday	Wednesday	Thursday	Friday
9:00-10:00 a.m.	Active Adult Aquacise (Freddie/Pat)  Deep Water Aquacise (Jane)	Deep/Shallow Aquacise (Susan)	Active Adult Aquacise (Pat/Freddie)  Deep Water Aquacise (Jane)	Deep/Shallow Aquacise (Susan)	Active Adult Aquacise (Pat)  Deep Water Aquacise (Jane)
6:30-7:30 p.m.	Aqua Combo (Karen)		Aqua Combo (Karen)		Aqua Combo (Mary)

\*Community Member punch cards are available for seniors 62 or older,  
10 punches for \$30.00.

# Studio Class Descriptions



**SilverSneakers®- Muscular Strength and Range of Movement:** Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance, and a chair is used for seated and/or standing support.

**SilverSneakersII®- Cardio Circuit:** Combine fun and fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength work with hand-held weights, elastic tubing with handles and a ball is alternated with non-impact aerobic choreography. A chair is offered for support, stretching and relaxation exercises.

## Water Exercise Class Descriptions

***Our Water Fitness Classes are for all ages, levels and abilities***

**Deep Water Aquacise** (Lap Pool) This class is held in the deep (or shallow) water. All class participants wear an Aqua Jog buoyancy belt provided by the YMCA. The water's resistance provides a great non-impact cardio and strength workout for all fitness levels.

\*All deep water exercises can be modified for the shallow end of the pool. **No swimming skills necessary.**

**Aqua Combo** (Lap pool) A combination of deep (with flotation devices) and shallow water exercises for a total body workout.

**Active Adult Aquacise** (Aquatic Center) This *shallow water* class is choreographed to music and will provide a total body workout using the resistance of the water. No swimming skills necessary. Work out at your own level.