



BRAINERD FAMILY YMCA SILVERSNEAKERS & WATER EXERCISE

Effective Summer 2019

MON	TUE	WED	THU	FRI	SAT
			ZUMBA 8:45-9:30 am Tricia		
	SILVERSNEAKERS CLASSIC 9-10 am Heidi/Anita @MILLS FORD		SILVERSNEAKERS CLASSIC 9-10 am Heidi @MILLS FORD		
DEEP AQUA 9-9:45 am Kathy	DEEP AQUA 9-9:45 am Kathy	DEEP AQUA 9-9:45 am Kathy	DEEP AQUA 9-9:45 am Denise	DEEP AQUA 9-9:45 am Kathy	
SHALLOW AQUA 9-9:45 am Rachel		SHALLOW AQUA 9-9:45 am Kaitlyn		SHALLOW AQUA 9-9:45 am Joanna	
	GENTLE CHAIR YOGA 9:50-10:35 am Mary		GENTLE CHAIR YOGA 9:50-10:35 am Mary		
ZUMBAGOLD 9:35-10:25 am Tricia					
SILVERSNEAKERS CLASSIC 10:50-11:50 am Joanna/Tara	SILVERSNEAKERS CIRCUIT 10:50-11:40 am Leslie	SILVERSNEAKERS CLASSIC 10:50-11:50 am Tara	SILVERSNEAKERS CIRCUIT 10:50-11:40 am Leslie	SILVERSNEAKERS CLASSIC 10:50-11:50 am Joanna	
AQUA COMBO 6:00-7:00 pm Karen		AQUA COMBO 6:00-7:00 pm Mary			

- **CLASS CHANGES/CANCELLATIONS POSTED ON FACEBOOK/SIGN UP FOR MOBILE TEXT ALERTS**
- **PLEASE WEAR INSIDE ONLY SHOES IN THE STUDIO.**
- **We recommend you bring your own yoga mat to class. Mats are available if needed.**

Y MEMBERS CAN ATTEND A VARIETY OF FITNESS CLASSES FREE WITH YOUR MEMBERSHIP!

New to Group Fitness?? Arrive to class early please let instructor know you are new. Dress in proper workout attire. Wear supportive **inside only** shoes designed for that activity. Drink water before during and after class. Instructors will show different levels and modifications, workout at your own level. Ask instructor for help or assistance if needed.

SilverSneakers®-Classic: 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. This class can be adapted by the student depending on their fitness level and abilities. It is suitable for beginning and intermediate levels.

SilverSneakers®- Circuit: This class offers standing, low-impact choreography alternated with standing upper-body strength work with hand-held weights, elastic tubing with handles and a SilverSneakers ball. A chair is available for support. This class is suitable for nearly every fitness level and can be adapted depending on the skill of individual participants.

Gentle Chair Yoga- Gentle Yoga class will move your body through a series of seated and standing yoga poses. The chair is used for support and offered to safely so the poses. Moving your body through these yoga poses will give you increased balance, flexibility and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

ZUMBA Gold- Zumba Gold takes the Zumba formula and modifies the moves and pacing to suit the needs of the active older participant, as well as those just starting their journey to a fit and healthy lifestyle. Easy to follow moves, zesty latin music and the invigorating, party like atmosphere. Zumba Gold is a dance fitness class that feels friendly and fun!

Water Exercise Class Descriptions

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

Deep Aqua (Lap Pool) 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.

Shallow Aqua (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. Exercise at your own level.

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