



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FIND YOUR STRENGTH

Classes for Active Older Adults, & New Exercisers



MON

TUES

WED

THURS

FRI

SAT

SUN

STRENGTH & CARDIO

SEPTEMBER 2017

<p>9:30 - 10:20 am SilverSneakers® Classic Cathy GR EX STUDIO Chairs are used for seated and standing support.</p>	<p>9:30 - 10:20 am Fit For Life Cathy GR EX STUDIO Chairs are used for seated and standing support.</p>	<p>9:30 - 10:20 am SilverSneakers® Circuit Bonnie GR EX STUDIO Chairs are used for seated and standing support.</p> <p>4:30 - 5:00 BOOM Muscle</p> <p>5:00 - 5:30 BOOM Move It Patti GR EX STUDIO</p>	<p>9:30 - 10:20 am Fit For Life Cathy GR EX STUDIO Chairs are used for seated and standing support.</p> <p>10:30 am - 11:15 am LIVESTRONG® YogaFlex Patti GR EX STUDIO Chairs are used for seated and standing support.</p>	<p>9:30 - 10:20 am SilverSneakers® Yoga Cathy GR EX STUDIO Chairs are used for seated and standing support.</p> <p>4:30 - 5:00 BOOM Muscle</p> <p>5:00 - 5:30 BOOM Move It Patti/Kristin GR EX STUDIO **starts 9/22**</p>	
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WATER EXERCISE

<p>8:30-9:20 am Y Water Fit Shallow</p> <p>9:20-10:00 am Aqua Pilates Shallow: Saori</p> <p>5:15 - 6:00 pm Shallow Water Elise</p>	<p>1:30-2:15 pm SilverSneakers® Splash Saori</p>	<p>8:30 am Shallow Water Power Shallow</p> <p>5:15-6:00 pm Aqua Zumba Sam</p>	<p>1:30-2:15 pm SilverSneakers® Splash Saori</p>	<p>8:30-9:20 am Y Water Fit Shallow</p> <p>9:20-10:00 am Aqua Pilates Shallow: Saori</p>	<p>9:00-10:00 am Shallow Water Power Shallow: Elise/Sam</p> <p>10:30-11:15 am Y Water Fit Shallow: Hye Lee</p>
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MIND & BODY

	<p>12:05 - 12:55 pm Yoga (Gentle) Saori Includes floor exercises. Chairs available.</p>	<p>5:45 am Yoga Jenna includes floor exercises.</p>	<p>10:30 am - 11:15 am LS YogaFlex Patti GR EX STUDIO Chairs are used for seated and standing support.</p> <p>12:05 - 12:55 pm Yoga (Gentle) Saori Includes floor exercises. Chairs available.</p>	<p>9:30 - 10:20 am SilverSneakers® Yoga Cathy GR EX STUDIO Chairs are used for seated and standing support.</p>	<p>10:00-11:00 am Yoga on the Greenway Behind the Toasted Frog Beverly.</p>
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GROUP CYCLING

IMPORTANT: Participants of all ages are welcome to attend any current group cycling class (see full group fitness schedule) as riders can ride at their own pace and may shorten the duration. Contact Mike or Patti for details.

<p>8:30 am Mike</p>		<p>8:30 am Heidi</p>		<p>4:30 pm 30 MIN BASICS Mike</p>	
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SILVERSNEAKERS®

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.

SilverSneakers® Circuit

Combine fun with 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 SilverSneakers ball is alternated with low-impact aerobic choreography. A chair is used for standing support, stretching and relaxation exercises.

SilverSneakers® Yoga

SilverSneakers Yoga will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

BOOM® Muscle

Muscle incorporates athletic-based exercises that improve upper body conditioning. You'll move through several "blocks," which are groups of exercises that focus on different muscle groups. The focus of this class is on toning muscles and building overall strength. Appropriate for active older adults or people of any age who want a faster-paced challenging workout in 30 minutes.

BOOM® Move It

A higher intensity dance workout class that improves cardio endurance and burns calories. MOVE IT is all about breaking a sweat and having fun. The class focuses on cardio endurance by starting with simple dance moves then building into more complex sequences, bringing you a great cardio workout. Appropriate for active older adults or people of any age who want a faster-paced challenging workout in 30 minutes.

CARDIO / STRENGTH

Fit For Life

Increase your muscle strength, mobility and range of motion to enhance your daily living skills. Move your body to upbeat music with basic movements like marching, arm movements, strength and muscle toning exercises and stretching for flexibility. The use of chairs is optional.

INDOOR GROUP CYCLING

One of the best cardiovascular and muscular endurance workouts available including a series of fun drills, hill climbs, races, etc., and ending with a cool down/stretch.

CYCLE BASICS: 30 MINUTES - INCLUDES BIKE SET UP, SAFETY AND POSTURE FOR NEW RIDERS.

Contact: Patti McEnroe / pmcenroe@gfymca.org

WATER EXERCISE

Water Fit

A low-impact alternative to traditional land aerobics with the intensity you want. Aerobic activity and strength exercises allow you to reach your fitness goals and protect your joints.

Aqua Pilates

Strengthen your core, back, and entire body - and enhance your posture, alignment, and flexibility. A great alternative to Mat Pilates classes for people with limited mobility.

Shallow Water Power

A high intensity, low impact workout focused on cardiovascular training, muscle toning, flexibility and coordination. Cardio movements include walking, jogging, kicking, cross-country ski movements and jumping jacks. Class is an interval format. Benefits include: increased endurance, flexibility, muscle strength and toning. Swimming skills are not required.

SilverSneakers® Splash

A fun, shallow-water exercise class that uses a signature *splash*-board to increase movement and intensity options. *Splash* is suitable for all skill levels and is safe for non-swimmers. The pool provides many benefits when used for aerobic exercise and resistance training.

Aqua Zumba®

Aqua Zumba® blends the *Zumba*® philosophy with water resistance, for one pool party you shouldn't miss! There is less impact on your joints during an *Aqua Zumba*® class so you can really let loose. Water creates natural resistance, which means every step is more challenging and helps tone your muscles.

MIND/BODY

Yoga

Class begins with breath awareness and a few moments of quiet reflection. Gentle stretching opens the way to a practice of yoga poses to build strength, flexibility, and awareness.

LIVESTRONG YogaFlex

A yoga-based class incorporating sitting and standing poses (not a mat class) for improved balance, posture, strength & flexibility. Equipment used include: chairs and occasional light hand weights or balls. Great for anyone who prefers not to get down on the floor. LIVESTRONG Alumni welcome!

SilverSneakers® Yoga

SilverSneakers Yoga will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.



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