



# NEW TO EXERCISE & ACTIVE OLDER ADULTS GROUP EXERCISE SCHEDULE

Begins **October 30, 2023** (Land classes in Group Ex Studio shaded gray/Program Center classes shaded green)

TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<b>SEE TIMES</b>	<u>9:15-10:00am</u> AOA Strength/ Cardio Jake Program Center	<u>8:00-8:45am</u> YOGA FOR ALL Group Exercise Studio Mickey	<u>9:00-9:45am</u> Functional Walk Program Center Evonne		<u>8:00-9:00am</u> YOGA FOR ALL Group Exercise Studio Mickey	
<b>10:00 – 10:45AM</b>	<u>10:45-11:30am</u> Basic YOGA Flow Program Center Dee		SilverSneakers® Classic Program Center April	<u>10:00-11:00am</u> Inclusive Dance Program Center Heather 1st/3rd TH	SilverSneakers® Classic Program Center April	
<b>10:15 - 11:00AM</b>	<u>11:15a-12:00p</u> <b>BARRE</b> Group Exercise Studio April/Nichole	Aqua Exercise for Arthritis Christine <u>Pool 2</u>				
<b>11:00 - 11:45AM</b>	<u>12:00-12:30pm</u> Recover Restore/Renew Group Exercise Studio April	Gentle Water Exercise Christine <u>Pool 2</u>	<u>10:30-11:00am</u> <b>Barre</b> Group Exercise Studio Barb	Gentle Water Exercise Christine <u>Pool 2</u>	<b>Chair Yoga</b> Program Center April	
<b>12:00 – 12:45PM</b>	Work it in the Water Evonne <u>Pool 2</u>		<u>11:00-11:45am</u> <b>Hatha Yoga</b> Program Center Dee	Total Body Conditioning Christine <u>Pool 2</u>	Lunch Cycle April Group Cycle Studio	
<b>SEE TIMES</b>		<u>11:30a-12:30p</u> ADVANCED TAI CHI Group Exercise Studio Bill *Fee Sept 26-Nov 7	<u>11:30a-12:15p</u> Gentle Water Exercise Evonne <u>Pool 2</u>	<u>11:30a-12:30p</u> ADVANCED TAI CHI Group Exercise Studio Bill *Fee Sept 28-Nov 9		
<b>12:00 - 1:00PM</b>	Exercise for Parkinson's Program Center Jake *Fee		Exercise for Parkinson's Program Center Jake *Fee		Parkinson's Walk Program Center Jake *Fee	
<b>1:00 - 1:45PM</b>	Aqua Dance Party Alice O. <u>Pool 2</u>		<u>12:15-1:00pm</u> Aqua Weight Training Evonne <u>Pool 2</u>		Aqua Dance Party Alice O. <u>Pool 2</u>	
<b>1:00 – 2:00PM</b>		BEGINNER TAI CHI Group Exercise Studio Bill *Fee Sept 26-Nov 7		BEGINNER TAI CHI Group Exercise Studio Bill *Fee Sept 28-Nov 9	<div> <p>ANDROID APP ON Google play</p> </div> <div> <p>Available on the App Store</p> </div>	
<b>SEE TIMES</b>	<u>6:30-7:30pm</u> Functional Yoga Group Exercise Studio Kimberly	<u>4:00-4:45pm</u> YOGA FOR ALL Group Exercise Studio Jen F.	<u>6:30-7:15pm</u> <b>Cardio Dance Party</b> Group Exercise Studio Kati	Group Exercise classes are included in your membership! Schedules available on our mobile app! Download by searching Butler County Family YMCA.		

Please bring your own Yoga mat, straps, blocks & any other equipment you wish to use for class.

At the Y, we're for Healthy Living, because wellness in spirit, mind & body strengthens our very being, and enhances our interactions with others.

Do you know... that regular physical activity can lower your blood pressure, cholesterol and blood sugar levels, decrease your BMI and waist circumference and reduce muscle and bone loss?

## LAND CLASSES

**Adapted Gym** - Play games and develop sports skills in a fun and inclusive environment.

**AOA Strength/Cardio** - This workout is specially designed for the Active Older Adult. Taught by a Certified Personal Trainer, you will be guided through a series of strength and cardio exercises that improve total body strength, range of motion, balance and cardiorespiratory fitness.

**Barre** - This is a safe, low impact program that will tone & strengthen your body. It is safe & effective for all fitness levels. Using a combination of postures inspired by ballet and other disciplines like yoga & pilates, the class will focus on strength training combined with range-of-motion movements.

**Cardio Dance Party** - A mix of different cardio dance styles sure to get you movin' and groovin'!

**Exercise for Parkinson's** - Life-changing exercise & mobility program designed for people diagnosed with Parkinson's Disease. \*Program Fee applies. Please register.

**Functional Walk** - This cardiovascular class has walking intervals, with differing paces/times along with functional body weight strength and standing core and balance work.

**Functional Yoga** - In order to move freely and easily, you need a combination of strength, suppleness, balance, and coordination. This class emphasizes correct form, mobility and strength over flexibility. We will incorporate the mini ball to work our deep core muscles more efficiently and effectively. The class does incorporate traditional yoga poses and also includes exercises that are not found in traditional yoga. Participant does need to be able to get up and down from the mat easily.

**Hatha Yoga** - Because of its slower pace, **Hatha** is a great class if you're just starting your **yoga** practice. Hatha is a general category that includes most yoga styles. It is an old system that includes the practice of asanas (yoga postures) and pranayama (breathing exercises), which help bring peace to the mind and body, preparing the body for deeper spiritual practices such as meditation.

**Inclusive Dance Party** - Participants will experience a fun & exciting dance party and series of games that will get their heart rated pumping and put smiles on their faces. Classes are theme-based!

**Parkinson's Basic** - This program is largely chair-based geared toward those with major limitations due to Parkinson's Disease. Program Fee applies-please register.

**Parkinson's Walk** - Designed for those diagnosed with Parkinson's Disease. Improve balance and coordination, strengthen muscles and enhance memory & multi-tasking skills. Program Fee applies-please register.

**Recover/Restore/Renew** - Posture-improving, stability-increasing stretching! Give yourself some time to let those muscles recover! Great for all fitness levels. Must be able to work from the floor.

**SilverSneakers® Classic** - Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living skills. Hand-held weights, elastic tubing with handles, and a SilverSneakers® ball are offered for resistance. A chair is available, if needed for support.

**Tai Chi** - Tai Chi involves a series of movements performed in a slow, focused manner, accompanied by deep breathing. Each posture flows into the next without pause, ensuring that your body is in constant motion. Must be able to do the 108 form set without voice. \*Program Fee applies. Please register.

**Yoga For All** - All inclusive and accessible practice for everyone offering many options in all the poses.

## WATER CLASSES

**Aqua Dance Party** - Dance Party in the POOL! Low impact on your joints. Water creates natural resistance, which means every step is more challenging and helps tone your muscles!

**Aqua Exercise For Arthritis** - Gentle water exercise for people with arthritis. Range of motion exercise will be emphasized. Enjoy the relief that warm water exercise provides!

**Aqua Weight Training** - Fun and comprehensive strength training workout, working every muscle while taking pressure off joints as you Push/Pull/Twist/Lift using various modes of aquatic resistance equipment!

**Gentle Water Exercise** - A light cardio workout! Increase flexibility & strength using water exercise equipment.

**Total Body Conditioning** - Experience this total body low-impact strength workout in the warm pool! Water resistance and aqua resistance equipment will be used to strengthen every muscle in your body.

**Work it in the Water** - Let water be your resistance! Work your body in a comfortable and safe manner while increasing heart rate and challenging your endurance. If you have joint or bone issues, or just enjoy water exercise, this class will give you the workout you need!

Regardless of your physical limitations, the YMCA has something to meet your health & wellness needs! Wellness classes can be strenuous. Please consult your physician. By participating in these classes, you indicate that you have no physical conditions or health problems.

**YMCA Contact Information:** Membership & Healthy Living Director - Heidi Nicholls Bowser | Group Exercise Coordinator - Mickey Stewart

**Butler YMCA • 339 N Washington Street • Butler PA 16001 • 724.287.4733 • [www.bcfymca.org](http://www.bcfymca.org)**