



NEW TO EXERCISE & ACTIVE OLDER ADULTS GROUP EXERCISE SCHEDULE

Begins **April 29, 2024** (Land classes in Group Ex Studio shaded gray/Program Center classes shaded green)

TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
SEE TIMES	9:00-9:45am AOA Strength/ Cardio Jake Program Center	8:00-8:45am YOGA FOR ALL Group Exercise Studio Mickey	9:00-9:45am Functional Walk Program Center Evonne		8:00-9:00am YOGA FOR ALL Group Exercise Studio Mickey	
10:00 - 10:45AM	10:00- 10:30am Chair Exercise for Arthritis Program Center Jake	9:30-10:15am SilverSneakers® CIRCUIT Program Center Mickey	SilverSneakers® Classic Program Center April	10:00-11:00am Inclusive Dance Program Center Heather 1st/3rd TH	SilverSneakers® Classic Program Center April	
SEE TIMES	10:45-11:30am Basic YOGA Flow Program Center Dee	10:15-11:00am Aqua Exercise for Arthritis Christine <u>Pool 2</u>		11:15-11:45am Chair Dance Party Program Center Heather 1st/3rd TH		
11:00 - 11:45AM	10:45-11:30am Barre-Lates Group Exercise Studio April	Gentle Water Exercise Christine <u>Pool 2</u>	Hatha Yoga Program Center Dee	Gentle Water Exercise Christine <u>Pool 2</u>	Chair Yoga Program Center April	
SEE TIMES	11:30a-12:30p ADVANCED TAI CHI Group Exercise Studio Bill *Fee To June 3		11:30a-12:15p Aqua Weight Training Evonne <u>Pool 2</u>	11:30a-12:30p ADVANCED TAI CHI Group Exercise Studio Bill *Fee To May 30	11:45a-12:30p Barre H2O Nichole <u>Pool 2</u>	
12:00 - 12:45PM	Work it in the Water Evonne <u>Pool 2</u>	11:00-11:45am Barre WORX Group Exercise Studio Begins Jan 9 Barb	11:00-11:45am Functional Super Strength April	Total Body Conditioning Christine <u>Pool 2</u>	Lunch Cycle April Group Cycle Studio	
12:00 - 1:00PM	Exercise for Parkinson's Program Center Jake *Fee	Parkinson's Basic Program Center Jake *Fee	Exercise for Parkinson's Program Center Jake *Fee		Parkinson's Walk Program Center Jake *Fee	
12:30-1:30pm	BEGINNER TAI CHI Group Exercise Studio Bill *Fee To June 3			BEGINNER TAI CHI Group Exercise Studio Bill *Fee To May 30		
1:00 - 1:45PM	Aqua Dance Party Alice O. <u>Pool 2</u>		12:15-1:00pm YOGA H2O Evonne <u>Pool 2</u>		Aqua Dance Party Alice O. <u>Pool 2</u>	
1:15-2:00PM			Knockout Parkinson's Program Center Jake *Fee	Group Exercise classes are included in your membership!	 	
SEE TIMES	6:30-7:30pm Functional Yoga Group Exercise Studio Kimberly	4:00-4:45pm YOGA FOR ALL Group Exercise Studio Jennifer	6:15-7:00pm Cardio Dance Party Group Exercise Studio Kati	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

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 WORX - 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.

Barre-Lates - Great combination of Barre moves blended with Pilates!

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

Chair Exercise for Arthritis - A gentle, largely chair-based class designed specifically for those with arthritis. Increase range of motion, improve function and decrease pain in affected joints.

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

Functional Super Strength - A Super-Sized class of functional strength & cardio geared toward the Active Older Adult. Dumbbells, bands, balls & more will help increase your strength & cardio endurance.

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 & easily, you need a combination of strength, suppleness, balance, & coordination. Emphasizes correct form, mobility & strength over flexibility. We will incorporate the mini ball to work our deep core muscles more efficiently/effectively. Class incorporates traditional yoga poses & also includes exercises not found in traditional yoga. Participant needs 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!

NEW! Knockout Parkinson's - Knockout Parkinson's with a kick and a swift jab! This high-intensity, boxing-focused class aims to develop power, speed, agility and coordination. Program Fee applies-please register.

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.

SilverSneakers® Circuit - Class focused on functional & fun cardio movement to improve endurance along with using equipment to increase muscular strength. Standing low impact choreo with upper/lower body resistance using all the SS "toys." Chair would be optional.

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!

Barre H2O - Utilizing the movement patterns found in a land Ballet Barre class, this low-impact class in our Warm Pool incorporates Pilates, yoga, and cardio exercise with a focus on improving range of motion.

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!

NEW! Yoga H2O - Class will focus on balance, range of motion and fluid movement patterns.

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

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