



**JOIN YOUR
FRIENDS
AT THE Y**



SENIOR DOLLAR DAYS

**Come in and try the "Y"
For the month of April for
Just \$1.00 a day**

**SENIOR
CLASSES**

Active & Ageless



- **Silver Sneakers**-for improving strength, flexibility, posture and balance. Exercise at your own pace with resistance tools including bands, balls and weights. **M-W 9:45 A.M.**
- **Active Older Adults**- This class combines resistance exercises and weight training to decrease the risk of osteoporosis and increase stamina, flexibility and range of Motion. **T-TH 9:45 A.M.**
- **Senior Swim**-You are never too old to have fun in the pool! Come make friends or revisit past acquaintances. Swim laps, water exercise, water walk or just enjoy the water. You can also use the warm therapy pool to help improve mobility. **M-W-F 9:00 A.M.**
- **Twinges & Hinges Water Exercise**-Total range of motion program for those suffering from muscular or joint discomfort. This class is recommended prior to and after joint and back surgery. **M-W-F 10:00 A.M.**
- **Senior Chair Yoga**- A gentle practice in which postures are performed while seated and/or the aid of a chair. Chair Yoga uses breathing techniques and meditation to promote focus mental clarity and relaxation. **Friday 9:45 A.M.**
- **Senior Socials**- Every month the seniors get together for a social time beginning at **10:45 A.M.** There are a variety of events from coffee and donuts to Pot Lucks. The YMCA Preschoolers come to sing and interact with the seniors during many Senior Socials.