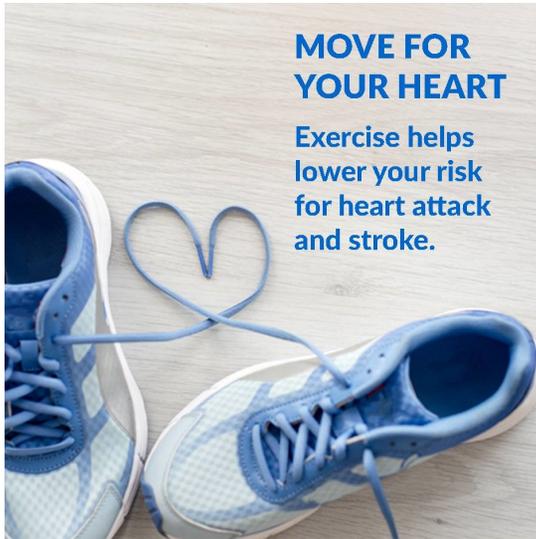


SENIOR SOCIALS

Every month the seniors get together for a social time beginning at 10:45 am. There are a variety of events from Coffee and Donuts to Potlucks. The YMCA Preschool comes in to sing and interact with the seniors.



ACHY JOINTS?

Try exercising in water, which supports your body and eases strain on joints.



Scottsbluff Family YMCA
22 South Beltline Hwy East
PO Box 2423
Scottsbluff, NE 69363
P -308.635.2318

www.ymcaofscottsbluff.org



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SENIOR PROGRAMS

2019/2020

SCOTTSBLUFF FAMILY YMCA



SILVERSNEAKERS CLASSES

You want to try SilverSneakers® classes but aren't sure which one is right for you. Let us tell you a little bit about each of the SilverSneakers signature and SilverSneakers BOOM™ Move classes.

SilverSneakers Boom™ Move is shorter (only 30 minutes) and designed for the more-active older adult, but all SilverSneakers® classes can be modified to most comfort levels.

CLASS DESCRIPTIONS

Senior Swim

You are never too old to have fun in the pool! Come make new friends or revisit past acquaintances. Swim laps, water exercise, water walk, or just enjoy the water.
Times: Mon.—Fri. 9:00am

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.
Times: M/W/F 10:00 am

Beat It

"Beat it" is a 50 minute jam-filled, rhythm building, brain-boosting, stress relieving class. Fun, safe and challenging!
Times: Wednesday 9:40am



SilverSneakers® Circuit

Experience standing, low-impact choreography alternated with standing upper-body strength work. This class is suitable for nearly every fitness level and your instructor can adapt the exercises depending on your skill.
Times: Monday 9:40 am

SilverSneakers® Classic

Increase muscle strength and range of movement and improve activities for daily living. You'll have a chair for seated exercises and standing support. Your instructor can modify the exercises for your fitness level.
Times: Tuesday 9:40 am

SilverSneakers BOOM™ MOVE

This fun, dance-inspired workout improves your cardio fitness with easy-to-follow moves set to energizing music.
Times: Thursday 9:40 am



SilverSneakers® Yoga

Move through seated and standing yoga poses designed to increase flexibility, balance, and range of movement. Finish with restorative breathing exercises and final relaxation to promote reduced stress and mental clarity.
Times: Friday 9:40 am

SilverSneakers® Splash

In this fun, shallow-water exercise class you'll use a signature splash-board to increase strength and endurance. Splash is suitable for all skill levels and is safe for non-swimmers.
Times: Tues. & Thurs. 8:00 am

Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
	SilverSneakers® Splash 8:00—9:00 am		SilverSneakers® Splash 8:00—9:00 am	
Senior Swim 9:00—10:00 am	Senior Swim 9:00—10:00 am	Senior Swim 9:00—10:00 am	Senior Swim 9:00—10:00 am	Senior Swim 9:00—10:00 am
SilverSneakers® Circuit 9:40—10:40 am	SilverSneakers® Classic 9:40—10:40 am	Beat It 9:40—10:40 am	SilverSneakers® BOOM Move 9:40—10:40 am	SilverSneakers® Yoga 9:40—10:40 am
Twinges & Hinges 10:00—11:00 am		Twinges & Hinges 10:00—11:00 am		Twinges & Hinges 10:00—11:00 am