

SENIOR SOCIALS

Every month the seniors get together for a social time beginning at 10:30 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.

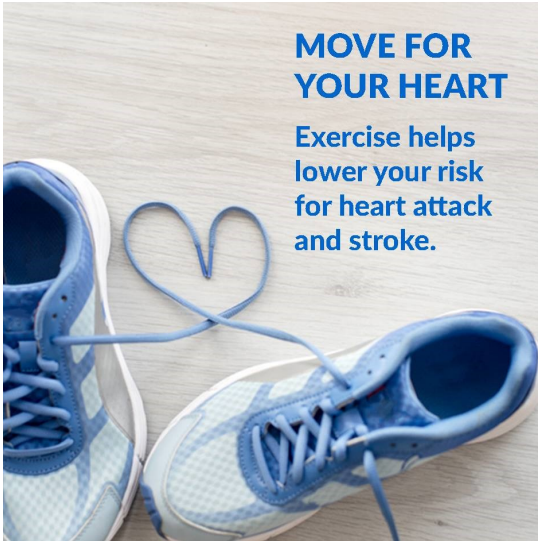


Try exercising in water, which supports your body and eases strain on joints.



MOVE FOR YOUR HEART

Exercise helps lower your risk for heart attack and stroke.



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

www.ymcaofscottsbluff.org

SENIOR PROGRAMS

2022

**SCOTTSBLUFF
FAMILY YMCA**



Proud
partner



SilverSneakers
by Tivity Health



Our Senior Instructors are:

- Brenda**
- Ashley**
- Cheri**
- Katie**



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. 9:00-10:00am

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 9:35 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 9:35 am

Beat It

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

Times: Wednesday 9:35-10:30am

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: Thurs. 8:00-9:00 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 9:35-10:30am

Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
Aqua Cardio 8:00-9:00am	Aqua Kickboxing 8:00-9:00am	Aqua Exercise 8:00-9:00am	SilverSneakers® Splash 8:00—9:00 am	Aqua Exercise 8:00-9:00am
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® Classic 9:35—10:30 am	SilverSneakers® Classic 9:35—10:30am	Senior Cycling 9:35—10:30 am	Senior Beat It 9:35—10:30 am	SilverSneakers® Yoga 9:35—10:30 am