



FOR YOUTH DEVELOPMENT®  
 FOR HEALTHY LIVING  
 FOR SOCIAL RESPONSIBILITY

## ACTIVE OLDER ADULTS SCHEDULE - August 2021

### THOMASVILLE YMCA

	Time	Class	Location	Instructor
<b>Monday</b>	6:15 AM	Early Bird	Volunteer Led	Board Room
	9:00 AM	Silver Sneakers	Butler-Mason	Jennifer
	10:00 AM	AIM	Group Fitness Room	Rachel
	11:00 AM	Country Line Fusion	Group Fitness Room	Suzanna
<b>Tuesday</b>	9:15 AM	Silver Spin	Spin Room	Rachel
	10:00 AM	Chair Yoga	Community Room	Lucretia
	11:00 AM	Gold	Group Fitness Room	Narvareaz
	11:30 AM	Silver Sneakers	Community Room	Rachel
<b>Wednesday</b>	6:15 AM	Early Bird	Volunteer Led	Board Room
	9:00 AM	Silver Sneakers	Butler-Mason	Jennifer
	10:00 AM	AIM	Group Fitness Room	Rachel
	10:00 AM	Chair Yoga	Community Room	Lucretia
	11:00 AM	Country Line Fusion	Group Fitness Room	Suzanna
<b>Thursday</b>	9:15 AM	Silver Spin	Spin Room	Rachel
	10:00 AM	Chair Yoga	Community Room	Lucretia
	11:00 AM	Gold	Group Fitness Room	Narvareaz
	11:30 AM	Silver Sneakers	Community Room	Rachel
<b>Friday</b>	6:15 AM	Early Bird	Volunteer Led	Board Room
	9:00 AM	Silver Sneakers	Butler-Mason	Jennifer
	10:00 AM	AIM	Group Fitness Room	Susan
	10:00 AM	Chair Yoga	Community Room	Rachel
	11:00 AM	Country Line Fusion	Group Fitness Room	Bonnie

#### Class Descriptions

AIM- Adults In Motion! An exercise class designed to incorporate cardiovascular training, flexibility, strength and balance.

Chair Yoga- Perfect for beginning yoga students and those with physical challenges who find it difficult to get on and off the floor as required in a traditional yoga class. The postures are chosen to protect joints, strengthen balance and increase range of movement.

Country Line Fusion – An aerobic fitness workout centered around Country Line Dance while infusing various other dances including Salsa, Cha-Cha, Belly Dance, Hip Hop, Samba, Merengue, Swing and more.

Early Bird- Old school calisthenics workout

Silver Sneakers- 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. A chair is used for seated or standing support.

Silver Spin- Beginner Spin targeting the Active Older Adult, but great for any level!

Gold- All the fun and energy of a Zumba class, but at a less intense pace.

Make sure to check out the Aquatics Class Schedule!\*