



FOR YOUTH DEVELOPMENT®  
 FOR HEALTHY LIVING  
 FOR SOCIAL RESPONSIBILITY

## ACTIVE OLDER ADULTS SCHEDULE

### THOMASVILLE YMCA

	Time	Class	Location	Instructor
<b>Monday</b>	9:00 AM	Silver Sneakers	Butler-Mason	Billy
	10:00 AM	AIM	Group Fitness Room	Nancy
	10:15 AM	Chair Yoga	Butler-Mason	Beth
	10:00 AM	Chair Yoga	Community Room	Sissy
	11:00 AM	BAM	Community Room	Sissy
	4:15 PM	Chair Yoga	Community Room	Lucretia
<b>Tuesday</b>	10:00 AM	Chair Yoga	Community Room	Lucretia
	11:00 AM	Zumba Gold	Group Fitness Room	Nancy
	11:30 AM	Silver Sneakers	Community Room	Rachel
<b>Wednesday</b>	9:00 AM	Silver Sneakers	Butler-Mason	Billy
	10:00 AM	Chair Yoga	Community Room	Lucretia
	10:00 AM	AIM	Group Fitness Room	Nancy
	11:00 AM	Use it or Lose It!	Community Room	Billy
<b>Thursday</b>	10:00 AM	Chair Yoga	Community Room	Lucretia
	11:00 AM	Zumba Gold	Group Fitness Room	Nancy
	11:30 AM	Silver Sneakers	Community Room	Rachel
<b>Friday</b>	9:00 AM	Silver Sneakers	Butler-Mason	Beth
	10:00 AM	AIM	Group Fitness Room	Susan
	10:00 AM	Chair Yoga	Community Room	Rachel

### 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.

**BAM –Beats And Motion!** Using rhythm as the source of inspiration to discover a new group fitness experience BAM combines the benefits of a traditional physical fitness program with the brain affected benefits of music and rhythm.

**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.

**Use it or Lose it! -** This class is created to help individuals maintain or gain functional strength and balance for every day life by incorporating specific modalities in a friendly and supportive group environment.

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