

Class Schedule

SilverSneaker® Cardio Circuit

Monday: 1:00 to 1:45 pm
Wednesday: 11:15 to 12:00 pm

SilverSplash®

Tuesday: 10:05 to 11:00

SilverSneaker®YogaStretch

Monday: 11:00 to 12:00
Friday: 11:00 to 12:00

SilverSneaker®Muscular Strength & Movement

Tuesday and Thursday 11:15 to 12:00
Friday 1:00 to 1:45

Join Us For **GAME** Day!

Friends, Food & FUN!

Join this lively bunch as they play various games, partake of a delicious potluck and spend the day laughing, talking and enjoying each other's company!

Tuesday's at 10:00 AM
Conference Room D
Administration Building

Please Join The Fun!

Active Adults Opportunities

- Game Day
- Monthly Excursions
- Health & Wellness Lectures
- Aquatic Programs
- Strength Training Classes
- Friendship, Fun & Camaraderie

Start Exercising Today ...

And Stay Healthy ...

If you have questions, concerns or comments please call our Silver Sneakers Senior Advisor Cidinha at ext 25 or Wellness Director Ryan Nekota at (818) 240-4130, ext 13

YMCA OF GLENDALE

140 North Louise Street
Glendale, California 91206-4226

Phone: 818-240-4130
www.glenymca.org



Silver Sneakers
Fitness Program
For the
Active Older Adult

Updated May 2010





Older Adult Health and Fitness

Exercise & Stay Healthy!

If you are a member of Secure Horizons, Blue Shield California, Care 1st, Humana, Anthem or Aetna you may qualify for free YMCA membership with the Silver Sneakers®, a strengthening and conditioning exercise class for 65 plus.



Silver Sneakers is . . .

- Designed for the health and fitness needs of senior citizens.
- A group exercise class focused on muscular strength conditioning for the entire body, improving function for daily living.
- Taught by experienced, caring instructors who incorporate relaxation techniques!

Class Descriptions

SilverSneakers® Muscular Strength & Movement

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. Hand-held weights, elastic tubing with handles, a SilverSneakers ball are all offered for resistance, and a chair is used for seated and/or standing support.

SilverSneakers® Cardio Circuit

Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper-body strength work with hand-held weights, elastic tubing with handles, and a SuperSneakers ball is alternated with non-impact aerobic choreography. A chair is offered for support, stretching and relaxation exercises.

SilverSneakers® YogaStretch

Yogastretch® will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

Yoga has many benefits:

- Improved posture
- Increased flexibility and strength
- Better balance and stability
- Maintenance of bone strength
- Decreased back pain
- Improved digestion and elimination
- Improved circulation and respiration
- Strengthened immune system
- Improved sleep
- Greater body awareness, appreciation and acceptance
- Better mental clarity and function
- Elevated mood
- Integration of body, mind and breath!

SilverSplash®

Activate your aqua urge for variety! SilverSplash® offers LOTS of fun and shallow water moves to improve agility, flexibility and cardiovascular endurance. No swimming ability is required, and a special SilverSneakers® kickboard is used to develop strength, balance and coordination.