

ACTIVE OLDER ADULTS

WINTER 2018

The YMCA Active Older Adult (AOA) program is designed to improve quality of life through fitness classes and social opportunities created for our older adult members.

SILVER & FIT

We are happy to participate with the Silver & Fit program, which allows eligible Medicare Advantage Plan members access to YMCA programs. See a Members Services for details.

FITNESS CLASSES

We offer a variety of exercise classes tailored to help active seniors with range of movement, flexibility, strength and stamina.

- SILVER SNEAKERS CLASSIC
- FOREVER FIT GOLD
- ZUMBA® GOLD
- OSTEO EXERCISE*
- ARTHRITIC SWIM PROGRAM*
- ACTIVE AQUA FIT
- WATER WALKING*
- CHAIR YOGA STRETCH

PICKLEBALL PICK UP GAMES

Monday, Wednesday and Friday 11:30am-1:30pm

Members FREE/Non-members \$4.00 each

VALENTINES DAY CARD SOCIAL

AGES: ALL/ Feb 9th/ 11:30am-12:30pm

Calling all creative crafters! Make an old fashion card for your favorite valentine! Bring a friend and be entered to win a door prize! Grandchildren are welcome as well!!! Supplies will be provided.

Members: FREE

NEW! BUNCO PARTY

AGES: ALL/ Mar 16 / 11:30am-12:30pm

Enjoy a spirited game of bunco with friends while enjoying some light refreshments. This will be a great time for socializing, if you have never tried bunco before this is your chance!

Members: FREE

Limited to 15 participants

NEW! SPRING LUNCHEON

AGES: ALL /Apr 11th / 11:00am-12:30pm

Bring a dish to pass, enjoy music and fellowship with friends.

Fulton Members FREE

SILVER SNEAKERS

We are happy to participate with the Silver Sneakers program, which allows eligible Medicare Health Plan members access to YMCA programs. See Members Services for details.

FUN FITNESS FRIDAYS

January- Chair Yoga Stretch/Senior Circuit

February- Walk 15 Gold/Chair Yoga

March- Tai Chi/Silver Sneakers

April- Chair Yoga Stretch/Dance and Tone Gold

See the monthly schedule for specific dates.

NEW CLASS! DANCE & TONE GOLD

Tuesdays 9:15am-10:15am

Dance and Tone is a new class on Tuesdays from 9:15am-10:15am, it's based on the Zumba Tone concept. Participants use light weights while dancing to create a fun and mild cardio-strength workout!

Fulton Members FREE



* Denotes Non members rate of \$3 per/class