

# ACTIVE OLDER ADULTS

## Spring and Summer 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 Member Services for details.

### SILVER SNEAKERS

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

### NEW! OPTUM ® FITNESS ADVANTAGE

With Optum ® Fitness Advantage, from UnitedHealthcare, ® its easy to keep your fitness routine fresh and fun. When you visit any participating location, you'll have access to a variety of exercise classes, fitness equipment and social activities. And you can visit any participating location at no additional cost to you. See Member 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\*
- TAI CHI
- ARTHRITIC SWIM PROGRAM\*
- ACTIVE AQUA FIT
- WATER WALKING\*
- CHAIR YOGA STRETCH
- TAI CHAIR YOGA FUSION

### NEW! TAI CHI CLASS

#### Monday and Wednesday

#### May-July 10:30am-11:15am

Join Debbie Drake for Tai Chi, often described as meditation in motion, tai chi promotes serenity through gentle, flowing movements. Tai chi is low impact and puts minimal stress on muscles and joints, making it generally safe for all ages and fitness levels. In fact, because tai chi is a low impact exercise, it may be especially suitable if you're an older adult who otherwise may not exercise.

Members: FREE / Non members: \$6 or 12 classes for \$60

### NEW! TAI CHAIR YOGA FUSION

#### Friday's in May 10:30am-11:15am

Join Cindy Gorea for this modified seated version of Tai Chi can be enjoyed by anyone wishing to practice Tai Chi sitting down. People with almost any chronic condition can learn to improve their health and mobility. This safe easy-to-learn program relieves pain and improves health and quality of life.

Members: FREE / Non members: \$6 or 12 classes for \$60

### FUN FITNESS FRIDAYS

April- Tai Chi: 4/6 and 4/20

Chair Yoga Stretch: 4/13 and 4/27

May- Tai Chair Yoga Fusion: 5/4, 5/11 and 5/18

No Class 5/25

\*Fun Fitness Friday will take the Summer off!  
Classes will resume in September 7th.



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