

# ACTIVE OLDER ADULTS

## FALL AND WINTER 2017

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

Wednesday 11:30am-1:30pm

Members FREE/Non-members \$4.00 each

### SELF DEFENSE COURSE

AGES 45+ / Oct 25 / 9:00am-12:00pm

Syracuse Self-Defense LLC, lead by Instructor June Warden will take participants through a 3-hour course.

Member \$25/Non member \$35

Class is limited to 10 participants.

### PAINT AND SIP ART PARTY

AGES 45+ / Nov 8 / 11:30am-12:30pm

Follow instructor Sarah Wilder with her step-by-step instructions to create a beautiful painted scene. Refreshments will be provided.

Members: \$10.00/Non member \$20

Limited to 15 participants

### NEW! HOLIDAY BRUNCH

AGES: ALL / Dec 20 / 11:00am-12:30pm

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

Fulton Members FREE / Guest \$4

### 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

September– Chair Yoga Stretch/Chair Zumba

October– Walk 15/Forever Fit Gold

November– Tai Chi/Senior Circuit

December– Chair Yoga Stretch/Silver Sneakers

See the monthly schedule for specific dates.

### NEW! ICE CREAM SOCIAL

September 20th, 11:30am-12:30pm

Enjoy a cool treat and catch up with friends!

Fulton Members FREE / Guest \$4

