





# NEW TO EXERCISE & ACTIVE OLDER ADULTS GROUP EXERCISE SCHEDULE

Begins **January 2, 2025** (Land classes in Group Ex Studio shaded gray/Program Center classes shaded purple)

TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>SEE TIMES</b>	<u>9:00-9:45am</u> AOA Strength/ Cardio Jake Program Center	<u>8:15-9:00am</u> YOGA FOR ALL Group Exercise Studio Mickey	<u>9:00-9:45am</u> Functional Walk Program Center Evonne		<u>8:00-9:00am</u> YOGA FOR ALL Group Exercise Studio Mickey
<b>10:00 - 10:45AM</b>	<u>10:00-10:30am</u> Chair Exercise for Arthritis Program Center Jake	<u>9:30-10:15am</u> SilverSneakers® CIRCUIT Program Center Mickey	<b>SilverSneakers® Classic 1/2 Gym 2 April</b>	<u>10:00-11:00am</u> Inclusive Dance Program Center Heather 1st/3rd TH	<b>SilverSneakers® Classic 1/2 Gym 2 April</b>
<b>10:15 - 11:00AM</b>	<u>10:30-11:15am</u> <b>BARRE LATES</b> April <b>NEW</b>	Aqua Exercise for Arthritis Christine <u>Pool 2</u>	<b>New Location</b>	<u>11:15-11:45am</u> Chair Exercise for Arthritis Program Center Jake <b>NEW</b>	<b>New Location</b>
<b>11:00 - 11:45AM</b>		Gentle Water Exercise Christine <u>Pool 2</u>		<u>11:00-11:45am</u> Gentle Water Exercise Christine <u>Pool 2</u>	Chair Yoga Program Center Mickey
<b>SEE TIMES</b>	<u>11:30a-12:30p</u> Advanced Tai Chi Group Exercise Studio Bill *Fee Jan 6 - Feb 17	<u>10:30-11:15am</u> <b>Barre WORX</b> Group Exercise Studio Barb	<u>11:30a-12:15p</u> Aqua Weight Training Evonne <u>Pool 2</u>	<u>11:30a-12:30p</u> Advanced Tai Chi Group Exercise Studio Bill *Fee Jan 9 - Feb 20	
<b>12:00 - 12:45PM</b>	Work it in the Water Evonne <u>Pool 2</u>			Total Body Conditioning Christine <u>Pool 2</u>	<u>12:15-1:00pm</u> Lunch Cycle Evonne Group Cycle Studio
<b>12:00 - 1:00PM</b>	Exercise for Parkinson's Program Center Jake *Fee	Parkinson's Basic Program Center Jake *Fee	Exercise for Parkinson's Program Center Jake *Fee	Parkinson's Basic Program Center Jake *Fee	Parkinson's Walk Program Center Jake *Fee
<b>12:30 - 1:30PM</b>	Beginner Tai Chi Group Exercise Studio Bill *Fee Jan 6 - Feb 17			Beginner Tai Chi Group Exercise Studio Bill *Fee Jan 9 - Feb 20	
<b>SEE TIMES</b>	<u>1:30-2:15pm</u> Aqua Dance Party Alice O. <u>Pool 2</u>		<u>12:15-1:00pm</u> YOGA H2O Evonne <u>Pool 2</u>		
<b>1:15- 2:00PM</b>			Knockout Parkinson's Program Center Jake *Fee	Group Exercise classes are included in your membership!	 
<b>SEE TIMES</b>	<u>6:30-7:30pm</u> Functional Yoga Group Exercise Studio Kimberly	<u>4:00-5:00pm</u> YOGA FOR ALL Group Exercise Studio Jennifer		Schedules available on our mobile app! Download by searching Butler County Family YMCA.	

Please bring your own Yoga mat, straps, blocks & any other equipment you wish to use for class.

At the Y, we're for Healthy Living, because wellness in spirit, mind & body strengthens

Do you know... that regular physical activity can lower your blood pressure, cholesterol and blood sugar levels, decrease your BMI and waist circumference and reduce muscle and bone loss?

## LAND CLASSES

**AOA Strength/Cardio** - This workout is specially designed for the Active Older Adult. Taught by a Certified Personal Trainer, you will be guided through a series of strength and cardio exercises that improve total body strength, range of motion, balance and cardiorespiratory fitness.

**NEW! Barre Lates** - Great combination of Barre moves blended with Pilates!

**Barre WORX** - This is a safe, low impact program that will tone & strengthen your body. It is safe & effective for all fitness levels. Using a combination of postures inspired by ballet and other disciplines like yoga & pilates, the class will focus on strength training combined with range-of-motion movements.

**Chair Exercise for Arthritis** - A gentle, largely chair-based class designed specifically for those with arthritis. Increase range of motion, improve function and decrease pain in affected joints.

**Exercise for Parkinson's** - Life-changing exercise & mobility program designed for people diagnosed with Parkinson's Disease. \*Program Fee applies. Please register.

**Functional Walk** - This cardiovascular class has walking intervals, with differing paces/times along with functional body weight strength and standing core and balance work.

**Functional Yoga** - In order to move freely & easily, you need a combination of strength, suppleness, balance, & coordination. Emphasizes correct form, mobility & strength over flexibility. We will incorporate the mini ball to work our deep core muscles more efficiently/effectively. Class incorporates traditional yoga poses & also includes exercises not found in traditional yoga. Participant needs to be able to get up and down from the mat easily.

**Inclusive Dance Party** - Participants will experience a fun & exciting dance party and series of games that will get their heart rated pumping and put smiles on their faces. Classes are theme-based!

**Knockout Parkinson's** - Knockout Parkinson's with a kick and a swift jab! This high-intensity, boxing-focused class aims to develop power, speed, agility and coordination. Program Fee applies-please register.

**Parkinson's Basic** - This program is largely chair-based geared toward those with major limitations due to Parkinson's Disease. Program Fee applies-please register.

**Parkinson's Walk** - Designed for those diagnosed with Parkinson's Disease. Improve balance and coordination, strengthen muscles and enhance memory & multi-tasking skills. Program Fee applies-please register.

**SilverSneakers® Circuit** - Class focused on functional & fun cardio movement to improve endurance along with using equipment to increase muscular strength. Standing low impact choreo with upper/lower body resistance using all the SS "toys." Chair would be optional.

**SilverSneakers® Classic** - 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 skills. Hand-held weights, elastic tubing with handles, and a SilverSneakers® ball are offered for resistance. A chair is available, if needed for support.

**Tai Chi** - Tai Chi involves a series of movements performed in a slow, focused manner, accompanied by deep breathing. Each posture flows into the next without pause, ensuring that your body is in constant motion.

*\*Program Fee applies. Please register.*

**Yoga For All** - All inclusive and accessible practice for everyone offering many options in all the poses.

## WATER CLASSES

**Aqua Dance Party** - Dance Party in the POOL! Low impact on your joints. Water creates natural resistance, which means every step is more challenging and helps tone your muscles!

**Aqua Exercise For Arthritis** - Gentle water exercise for people with arthritis. Range of motion exercise will be emphasized. Enjoy the relief that warm water exercise provides!

**Aqua Weight Training** - Fun and comprehensive strength training workout, working every muscle while taking pressure off joints as you Push/Pull/Twist/Lift using various modes of aquatic resistance equipment!

**Gentle Water Exercise** - A light cardio workout! Increase flexibility & strength using water exercise equipment.

**Total Body Conditioning** - Experience this total body low-impact strength workout in the warm pool! Water resistance and aqua resistance equipment will be used to strengthen every muscle in your body.

**Work it in the Water** - Let water be your resistance! Work your body in a comfortable and safe manner while increasing heart rate and challenging your endurance. If you have joint or bone issues, or just enjoy water exercise, this class will give you the workout you need!

**Yoga H2O** - Class will focus on balance, range of motion and fluid movement patterns.

Regardless of your physical limitations, the YMCA has something to meet your health & wellness needs! Wellness classes can be strenuous. Please consult your physician. By participating in these classes, you indicate that you have no physical conditions or health problems.

**YMCA Contact Information:** Membership & Healthy Living Director - Heidi Nicholls Bowser | Group Exercise Coordinator - Mickey Stewart

**Butler YMCA • 339 N Washington Street • Butler, PA 16001 • 724.287.4733 • www.bcfymca.org**