



New to Exercise & Active Older Adults Group Exercise Schedule

Begins **October 1, 2026**

Group Exercise classes are included in your membership

TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
SEE TIMES		<u>8:15-9:00am</u> Yoga for ALL Group Ex Studio Mickey	<u>9:00-9:45am</u> Functional Walk Program Center Evonne		<u>8:00-9:00am</u> Yoga for ALL Group Ex Studio Mickey	
10:00 AM - 10:45 AM	AOA Strength/Cardio Program Center Mickey	<u>9:30-10:15am</u> SilverSneakers Circuit Program Center Mickey	<u>10:15-11:00am</u> SilverSneakers Classic 1/2 Gym 2 April	<u>10:00-11:00am</u> Inclusive Dance Program Center Heather 1st/3rd Thursdays	SilverSneakers Classic 1/2 Gym 2 April	
10:30 AM - 11:15 AM	Barre Lates Group Ex Studio April	<u>10:15-11:00am</u> Aqua Exercise for Arthritis Christine Pool 2		Barre Lates Group Ex Studio April		
11:00 AM - 11:45 AM	Chair Exercise for Arthritis Program Center Jake	Gentle Water Exercise Christine Pool 2		Gentle Water Exercise Christine Pool 2	Chair Yoga Program Center Mickey	
SEE TIMES	<u>11:30a-12:30p</u> Advanced Tai Chi Group Ex Studio Eileen **Fee	<u>10:30-11:15am</u> Barre WORX Group Ex Studio Barb	<u>11:30a-12:30p</u> Advanced Tai Chi Group Ex Studio Eileen **Fee		<u>12:15-1:00pm</u> Lunch Cycle Group Cycle Studio Evonne/April	
SEE TIMES	<u>12:15-1:00pm</u> Aqua Dance Party Alice O. Pool 2		<u>11:30a-12:15p</u> Aqua Weight Training Evonne Pool 2	<u>12:00-12:45pm</u> Total Body Conditioning Christine Pool 2		
12:00 PM - 1:00 PM	Exercise for Parkinson's Program Center Jake **Fee		Exercise for Parkinson's Program Center Jake **Fee		Parkinson's Walk Program Center Jake **Fee	
12:30 PM - 1:30 PM	Beginner Tai Chi Group Ex Studio Eileen **Fee		Beginner Tai Chi Group Ex Studio Eileen **Fee	Please bring your own Yoga mat, straps, blocks & any other equipment you wish to use for class.		
SEE TIMES	<u>1:15-2:00pm</u> Work it in the Water Evonne Pool 2		<u>12:15-1:00pm</u> Yoga H2O Evonne Pool 2			
1:15 PM - 2:00 PM			Knockout Parkinson's Program Center Jake **Fee		Schedules available on our mobile app. Download by searching Butler County Family YMCA.	
SEE TIMES	<u>6:30-7:30pm</u> Functional Yoga Group Ex Studio Kimberly	<u>4:00-5:00pm</u> Yoga for ALL Group Ex Studio Jennifer	<u>6:15-7:00pm</u> Dance Party Group Ex Studio Kati		 	

LAND CLASSES

At the Y, we're for Healthy Living because wellness in spirit, mind and body strengthens our very being and enhances our intersections with others.

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.

Barre Lates – Great combination of Barre moves blended with Pilates!

Barre WORX - This is a safe, low impact program that will tone and strengthen your body. It is safe & effective for all fitness levels. Using a combination of postures inspired by ballet and other disciplines like Yoga and 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.

Chair Yoga - Introductory class that will help you to increase flexibility, balance & range of motion while seated in a chair. If you can't stand for long periods of time or if you are recovering from injury, this is the class for you!

Dance Party - Get ready to move, sweat and have fun with great music and high energy!

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 waking intervals, with differing paces/times along with functional body weight strength and standing core and balance work.

Functional Yoga - In order to move freely and easily, you need a combination of strength, suppleness, balance, and coordination. This class emphasizes correct form, mobility and strength over flexibility. We will also incorporate the mini ball to work our deep core muscles more efficiently and effectively.

Inclusive Dance Party - Participants will experience a fun & exciting dance party and series of games that will get their heart rate 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 Walk - Designed for those diagnosed with Parkinson's Disease. Improve balance & coordination, strengthen muscles and enhance memory and 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 is optional.

SilverSneakers Classic - Have fun & move to the music through a variety of exercises designed to increase muscular strength, range of movement & 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 (Beginner & Advanced) - Tai Chi involves a series of movements performed in a slow, focused manner, accompanied by deep breathing. Each posture flows into the next, ensuring 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

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.

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 & 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 and strength using water exercise equipment.

Total Body Conditioning - Experience this total body low-impact strength workout in the warm pool. 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.

YMCA Contact information: Healthy Living Director, Heidi Nicholls Bowser / Group Exercise Coordinator, Mickey Stewart

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