Greater Waterbury YMCA

Active Older Adult Fitness Programs (AOA) (55+ yrs)
September 3rd - October 27th 2013

Please note there will be **NO CLASSES** August 26th thru September 2nd due to our annual cleaning. We will re-open on Tuesday September 3rd.\\

ATTENTION AOA MEMBERS:

Class times have changed!

In order to serve you better, we have extended the set up time for AOA classes. This will allow you to have the proper time to get your equipment set up and speak with the instructor about any concerns you might be having. Have a GREAT class!

Monday	Tuesday	Wednesday	Thursday	Friday
10:15 - 11 am *ARRIVE at 10:05 for setup ***SilverSneakers®*** CLASIC Kathy	**10:15 - 11 am** *ARRIVE at 10:05 for setup Lite Aerobics *Ed*	**10:15 - 11 am** *ARRIVE at 10:05 for setup ***SilverSneakers®*** CLASIC Veronica	**10:15 - 11 am** *ARRIVE at 10:05 for setup Cardio Muscle Mix *Winnie*	**10:15 - 11 am** *ARRIVE at 10:05 for setup Lite Aerobics *Gail*
11 – 11:30 am 50 + Chair Yoga Kathy	**11 – 12 pm** Tai Chi Joe		**11 – 12 pm** Tai Chi Joe	
	11-11:45 am Warm Water Pool Exercise & Swim Program			**11-11:45 am** Warm Water Pool Exercise & Swim Program

It's Never Too Late to Start Exercising
Even if you have had an inactive lifestyle, there is good news. It's never too late to improve your health.Research suggests that exercise and physical activity can help you maintain or partly restore your strength, balance, flexibility, and endurance. Come check out one of our classes today and start your journey to a new, healthier you!

Y members aren't getting older – they're getting BETTER

Come try a class today!

Group Fitness Coordinators: Alicia Lombard & Tricia Brown