


Waterbury YMCA • Active Older Adult Fitness Programs (55+ yrs)

Winter Session 2010 • January 2nd – February 28th

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

Group Fitness Coordinators: Alicia Cipriano & Tricia Brown (203) 754-2181 Ext. 190.

During inclement weather conditions please call ext. 191 for class cancellations.

Monday	Tuesday	Wednesday	Thursday	Friday
AOA Program 7:30 – 8:30 am Walking Club (Gymnasium)		AOA Program 7:30 – 8:30 am Walking Club (Gymnasium)		AOA Program 7:30 – 8:30 am Walking Club (Gymnasium)
8:15-9 am Arthritis Foundation Aquatics Program		8:15-9 am Arthritis Foundation Aquatics Program		8:15-9 am Arthritis Foundation Aquatics Program
<i>Silver Sneakers</i> AOA Program 10-10:45 am Muscular Strength & Range of Movement Robin	<i>Exercise & Swim Program</i> 10-10:45 am Lite Aerobics Veronica	<i>Silver Sneakers</i> AOA Program 10-10:45 am Muscular Strength & Range of Movement Kathy	AOA Program 10-10:45 am Cardio & Muscle Mix Kathy	<i>Exercise & Swim Program</i> 10-10:45 am Lite Aerobics Gail
10-10:45 am Aquacize	11-11:45 am Warm Water Pool	10-10:45 am Aquacize		11-11:45 am Warm Water Pool
	NEW! AOA Program 10:50 – 11:45 am Tai Chi Joe	NEW!  AOA Program 10:50 – 11:15 am 50 + Yoga Stretch Kathy	NEW! AOA Program 10:50 – 11:45 am Tai Chi Joe	



Check it out! Beginner Tai Chi

A Perfect Wellness class for anyone at any age

No mat work Tuesday and Thursday mornings

Two Silver Sneakers Classes Added to the Schedule!

Silver Sneakers group exercise classes are appropriate for older adults who are fit and active as well as those who are sedentary, intimidated, unfamiliar with exercise, entering post-rehabilitation programs and ALL those who enjoy a positive, upbeat social environment.

SilverSneakers® I – Muscular Strength & Range of Movement

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance; and a chair is used for seated and/or standing support.

*All new participants please arrive 5 minutes prior to the start of class and introduce your self to the instructor.