

Greater Waterbury YMCA

Active Older Adult Fitness Programs (AOA) (55+ yrs)

January 2 - February 26, 2012

Monday	Tuesday	Wednesday	Thursday	Friday
10-10:45 am <i>SilverSneakers®</i> Muscular Strength Kathy	10-10:45 am Lite Aerobics <i>Ed</i>	10-10:45 am <i>SilverSneakers®</i> Muscular Strength Robin	10-10:45 am Cardio Muscle Mix <i>Melissa</i>	10-10:45 am Lite Aerobics <i>Gail</i>
10:50 – 11:15 am 50 + Chair Yoga Kathy	10:50 – 11:45 am Tai Chi Joe		10:50 – 11:45 am Tai Chi Joe	
	11-11:45 am Warm Water Pool Exercise & Swim Program			11-11:45 am Warm Water Pool Exercise & Swim Program

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

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

During inclement weather conditions please call ahead for class cancellations.

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!

