

Greater Waterbury YMCA

Active Older Adult Fitness Programs (55+ yrs)

Summer 2010 • June 28th – August 28th

**NO CLASSES Aug. 29th – Sept. 6th **

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

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

Aquatics Director: Patti Flaherty (203) 754-2181 Ext. 112

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

Monday	Tuesday	Wednesday	Thursday	Friday
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 Kathy	<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 Robin	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
AOA Program 10:50 – 11:15 am 50 + Yoga Stretch Kathy	AOA Program 10:50 – 11:45 am Tai Chi Joe		AOA Program 10:50 – 11:45 am Tai Chi Joe	