



# ACTIVE OLDER ADULTS & SENIORS

C.M. Gatton Beaumont YMCA

Monday, Nov. 6 - Tuesday, Nov. 14

## Group Fitness & Aqua/Water Fitness

### Mondays

9-10 am  
Aqua Fitness  
Dorothy - WW

10 - 10:45 am  
SilverSneakers Classic  
Ruth - GYM

11 - 11:50 am  
Functional Fitness  
Nicole - GYM

11 - 11:45 am  
SilverSneakers Stability  
Jen - GX

7:15 - 8:15 pm  
Aqua Fitness  
Stephanie - WW

### Tuesdays

9-10 am  
Aqua Fitness  
Jenny - WW

10 - 10:45 am  
SilverSneakers Circuit  
Ruth - GYM

10 - 10:50 am  
Deep Water Exercise  
Jenny - MU Pool

### Wednesdays

9-10 am  
Aqua Fitness  
Dorothy - WW

10 - 10:45 pm  
SilverSneakers Classic  
Ruth - GYM

11 - 11:45 am  
SilverSneakers Yoga  
Doraine - MB

11 - 11:50 am  
Functional Fitness  
Ellen - GX

7:15 - 8:15 pm  
Aqua Fitness  
Stephanie - WW

### Thursdays

9-10 am  
Aqua Fitness  
Stephanie - WW

10 - 10:45 am  
SilverSneakers BOOM Move  
Ellen - GX

10 - 10:50 am  
Deep Water Exercise  
Jenny - MU Pool

10 - 10:45 am  
SilverSneakers Circuit  
Jeff - GYM

### Fridays

10 - 11 am  
Aqua Fitness  
Suba - MU Pool

10 - 10:45 am  
SilverSneakers Classic  
Ellen - GYM

10 - 10:45 am  
Functional Fitness  
Nicole - GX

11 - 11:50 am  
Zumba Gold  
Ellen - GX

### Saturdays

12 - 12:45 pm  
SilverSneakers BOOM Move  
Ellen - GX

#### Studio Key

GX - Group Exercise Studio

MB - Mind/Body Studio

GYM - Gymnasium

MU - Multi-Use Pool

WW - Warm Water Pool

## Special Offerings

Active Aging Level 1 - Tues, Nov. 7  
10:45-11:30am in PTC

Fall Prevention Fitness - Tues, Nov. 7  
12-1pm in PTC

Active Aging for Men - Thurs, Nov. 9  
9-9:45am in PTC

170 Years Celebration - Week of  
11/13

## Pickup Sports, Personal Training and Rehabilitation

Pickleball is an easy to learn racquet sport, accommodates a wide range of skills, promotes physical activity and is a fun and competitive way to get moving!

Personal Training is available for Y members one on one or with a buddy/friend. Meet with a certified trainer and discuss a program specific to your needs and training goals. 1 hour or 30 minute fee based packages are available. Package fees: \$35 - \$450 range

Active Aging Adults Small Group Training Program is for avid exercisers interested in progressive strength training with more functional methods established to improve baseline physical measurements. 4 or 8 week sessions offered for an additional fee. Register with Member Services. Located in the PTC.

CHI Saint Joseph Health, located inside the Y, offers a variety of outpatient rehab and wellness services including PT, OT and speech therapy. Saint Joseph partners with the YMCA to help patients continue their post rehab progress with participation in Y programs and classes. For more information or to schedule a screening/consultation call 859-219-0530.