



# PRISMA HEALTH FAMILY YMCA

## WINTER 2024 ACTIVE OLDER ADULT Group Exercise Schedule

### MONDAY

Start	End	Class	Location	Instructor / Notes
10:15am	11:10am	Active Adults	GYM	Cynthia and Wanda
10:45am	11:35am	Silver Sneakers Classic	Room 1	Nicole
11:45am	12:40pm	Silver Sneakers Yoga	Room 1	Cynthia S

### TUESDAY

Start	End	Class	Location	Instructor / Notes
10:30am	11:20am	Gold Dance Fusion	Room 3	Katie M
10:45am	11:35am	Silver Sneakers Cardio Circuit	Room 1	Cynthia S
11:45am	12:35pm	Silver Sneakers Yoga	Room 1	Cynthia S

### WEDNESDAY

Start	End	Class	Location	Instructor / Notes
10:15am	11:10am	Active Adult	Gym	Cynthia
10:50am	11:45am	Recovery Yoga Flow	Room 5	Ann *Floor/Mat Class
11:30am	12:20pm	Silver Sneakers Classic	Room 1	Cynthia S

### THURSDAY

Start	End	Class	Location	Instructor / Notes
10:30am	11:25am	Gold High Fitness	Room 3	Nicole
10:45am	11:35am	Silver Sneakers Circuit	Room 1	Wanda
11:45am	12:35pm	Silver Sneakers Yoga	Room 1	Wanda

### FRIDAY

Start	End	Class	Location	Instructor / Notes
10:15am	11:10am	Active Adult	GYM	Cynthia S
11:00am	11:55am	Senior Yoga Flow	Room 3	Kerri *Floor/Mat Class
11:45am	12:35pm	Silver Sneakers Classic	Room 1	Cynthia S

Silver Sneakers Classes utilize a chair and different types of equipment. The classes consist of strength, cardiovascular work & balance/stretch. The chair is to sit in & use for balance. Options for standing and sitting are given throughout class.

Active Adult meets in the gymnasium, is a fully moving / standing class that includes strength, occasional floorwork & has a cardiovascular component.

Senior Yoga Mat classes are a slower moving mat class. You will be up and down on the mat throughout the class and is more of a "traditional" yoga class.

\*\*\*ALL CLASSES Require Registration through Group Ex Pro that can be found online or through the YMCA Mobile App. Please understand that classes are full and often waitlisted so it is necessary to register. A front desk associate will be happy to help you with this!