



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

November Classes

TIME	Monday	Tuesday	Wednesday	Thursday
9-9:45 am	Toning & Core Lisa	Zumba GOLD 9:30-10:30 Patty	Toning & Core Lisa	
10-10:45 am	SilverSneakers Classic Lisa		SilverSneakers Classic Lisa	SilverSneakers Circuit Shamara
10:45-11:30 am	SilverSneakers Yoga Lisa	SilverSneakers Circuit Beth		SilverSneakers Yoga Shamara

SILVERSNEAKERS® programs are available only to individuals 65 and over who meet specific eligibility requirements. Separate registration is necessary. This fitness class is also suitable for YMCA program members with specific health concerns e.g. osteoporosis, limited range of movement, high blood pressure.

- **SILVERSNEAKERS Classic (formerly MSROM):** 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.
- **SILVERSNEAKERS CIRCUIT:** Combine fun and fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout.
- **SILVERSNEAKERS Yoga:** Yoga will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance, and range of movement.

ADULT FITNESS CLASSES (Ages 16 and up)

Zumba Gold: Perfect for active older adults who are looking for a modified Zumba class that recreates the original moves you love, at a lower intensity. The design of the class introduces easy-to-follow Zumba choreography that focuses on balance, range of motion, and coordination.

Toning & Core: Toning emphasizes strengthening and conditioning of all major muscle groups including the core while also increasing flexibility. Toning is appropriate for all fitness levels.

ALL FITNESS CLASSES ARE ONGOING

UNLIMITED MONTHLY OPTIONS (MONTHLY DRAFT)

\$25 FOR 65 AND OLDER

\$28 FOR LESS THAN 65YRS.

Free for SilverSneaker Members

LONGWOOD BRANCH YMCA
8761 SHEPARD ROAD
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akronymca.org

The Y strives to make programs and membership available to all. Financial assistance may be available to those who qualify.

