

YMCA ACTIVE ADULT SCHEDULE

Spring I 2012
Feb 19 – Apr 14, 2012

Monday	Tuesday	Wednesday	Thursday	Friday
7:45 – 8:30am Silver Sneakers MSROM Karen - 2	7:45 - 8:30am Still in the Game Karen - 2	7:30 - 8:15 am Sticks & Stretch Karen - 2	7:45 - 8:30 am Silver Sneakers MSROM Nancy- 2	7:15 – 7:45 am Take a Seat Pilates Cathy K - 2
				7:45 – 8:30 am Silver Sneakers Yoga Stretch Cathy K - 2

Silver Sneakers® 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. Hand-held weights, elastic tubing with handles, and a Silversneakers® ball are offered for resistance, and a chair is used for seated and/or standing support.

Still in the Game

Join us for a 45-minute class that will focus on Cardio exercise. We will also incorporate some core and balance work to help improve balance and flexibility.



Greater La Grange YMCA
1100 East 31st St.
La Grange Park, IL 60526
708.352.7600
www.greaterlagrangeymca.org

Silver Sneakers® Yoga Stretch

Yoga Stretch will move your whole body through a 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. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

Sticks and Stretch

This class designed for active adults is a whole mind/body experience. It captures the essence of movement rhythm and fun while delivering real fitness results. It will also include exercises to improve balance and flexibility.