

**Fitness schedules available at each Branch 2 weeks prior to each session.**  
[www.ymcadanecounty.org](http://www.ymcadanecounty.org)

## Low Impact Aerobics

East/West

Aerobics based class geared for moderate intensity and active older adults.

## Open Walleyball

West

A great time playing volleyball with a beach ball! At West, the game is played on the racquetball courts.

## SilverSneakers® Muscular Strength

East/West

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 balls are offered for resistance and chair is used for seated and/or standing support.

## SilverSneakers® Yogastretch

West

Yogastretch 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. Restorative breathing exercises and a final relaxation will promote stress reduction and mental clarity.

## Stretch and Tone

Northeast

A variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, resistance tubes, and stability balls are used for resistance and a chair is offered for seated and/or standing support.

## Zumba Gold™

West

Zumba Gold is a fitness program specifically designed for the active older adult, the beginner participant, and other special populations that may need modifications in an exercise program. Zumba Gold classes create a total body workout that puts the fun back into fitness!

## Drums Alive® Golden Beats

East

Improve your physical and mental fitness as you get your feet stomping and body moving through music and rhythm while you beat drumsticks on stability balls.

## OLDER ADULT LIFESTYLE CENTER CLASSES

### Strength Training 101

Northeast

Learn the proper form and technique of strength training with a Lifestyle Center Staff while using machines and free-weights in the Lifestyle Center. Geared toward older adults and beginners.

T/TH 10:00-10:45am  
 M \$40 P \$80

## Wellness Series

In collaboration with the Wisconsin Women's Foundation East

\*Registration required.

### \*Stress Management

Friday, September 10 10:00am

### Full Speed Ahead 5K Walk

Begins and ends at Monona Terrace. Rain or shine!  
 Wednesday, October 6 9:00-11:00am

### \*Women and Bone Health

Achilles bone density test screening.  
 Friday, November 12 10:00am

For more details call Linda @ 221-1571

## Older Adult Winter Social

Enjoy fun times and holiday cheer! Detailed information to follow.

East

Thursday, December 9 12:00pm Pot Luck

West

Thursday, December 9 M \$12 P \$12

## Thursday, March 17, 2011

FULL SPEED AHEAD



AFTER 50

8:00am to 3:30pm

Held at the Monona Terrace

For more info, call Linda Tschillard at 221-1574 x 3025.

## OLDER ADULT WATER FITNESS CLASSES

### Aqua Zumba

East/Northeast/West

Join us for a "pool party" workout. Water-based movements that adhere to the Zumba fusion of Latin/Hip Hop and International music.

### Gentle Water Exercise

East/West

Low intensity exercise for new exercisers, active older adults and anyone looking to strengthen and stretch in the pool. Non-swimmers welcome!

### Open Water Walking

East/Northeast/West

Walking in all depths of the pool, using the water as resistance for a great aerobic workout. Flotation belts provided. Non-swimmers welcome. Open water walking workouts are self-directed.

### Open Water Volleyball

East/West

A great time playing volleyball in the water with a beach ball!

### Water Aerobics

East/Northeast/West

High-energy, low-impact workout for all fitness levels. Non-swimmers welcome!