

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

**OLDER ADULT WATER FITNESS CLASSES**

**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**

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!



**A YMCA Endowment Gift Is Forever - Leave A Legacy**

**The Cornerstone Society is comprised of supporters who have generously pledged or offered direct support to the YMCA of Dane County Endowment Fund. An endowment is a permanent investment that grows over time and continually generates resources that will be available forever, providing for the YMCA in perpetuity.**

For more information, please contact Julie Cotter at 608-664-9622 x1007 or [julie.cotter@ymcadanecounty.org](mailto:julie.cotter@ymcadanecounty.org).

**NEW! Drums Alive® Golden Beats**

**East/West**

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.

**Low Impact Aerobics**

**East/West**

Aerobics based class geared for new exercisers and active older adults.

**Open Volleyball**

**West**

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

**SilverSneakers® Muscular Strength**

**East/West**

Muscular Strength and Range of Movement. 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.

**Walking Club**

**East/Northeast**

Tired of walking alone? Enjoy walking with others as we start our own YMCA Walking Club. If you are interested in weekly walks, monthly hikes, and attending local charity walks as a group, contact Linda Tschillard at the East YMCA 221-1571.

**Zumba Gold**

**East/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!

**FULL SPEED AHEAD**



**Wednesday, March 24, 2010**

**8:00am to 3:30pm • Monona Terrace • \$18.00**

Celebrate active, healthy lifestyles for adults over the age of 50! Over 20 different workshops, community resource fair, health screenings, gourmet lunch and musical entertainment!

**Registration forms at the YMCA front desk or visit [ymcadanecounty.org](http://ymcadanecounty.org).**