



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# Summer Senior Fitness Classes

Session Dates: May 30th–July 16th

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>8:00am</b>	\$Enhance Fitness (55 min. ) Patricia—Lg. Studio		\$Enhance Fitness (55 min.) Patricia—Lg. Studio		\$Enhance Fitness (55 min.) Patricia—Lg. Studio
	\$Enhance Fitness (55 min.) Lucy—Sycamore Village, Mason		\$Enhance Fitness (55 min.) Lucy—Sycamore Village, Mason		\$Enhance Fitness (55 min.) Lucy—Sycamore Village, Mason
<b>8:30am</b>	<b>Aqua Fit Pool</b>		<b>Aqua Fit Pool</b>		<b>Aqua Fit Pool</b>
<b>9:00am</b>		<b>Stronger Longer (55 min.) Carolyn— Lg. Studio</b>		<b>Stronger Longer (55 min.) Carolyn— Lg. Studio</b>	
<b>9:30am</b>	\$Enhance Fitness (55 min.) Lucy—Sycamore Village, Mason		\$Enhance Fitness (55 min.) Lucy—Sycamore Village, Mason		\$Enhance Fitness (55 min.) Lucy—Sycamore Village, Mason
<b>9:35am</b>	<b>Aqua Fit Pool</b>		<b>Aqua Fit Pool</b>		<b>Aqua Fit Pool</b>
<b>10:00am</b>				\$Zumba (55min) Alyjah-SMB	
<b>10:15am</b>		<b>Silver Sneakers (55 min.) Thom— Lg. Studio</b>		<b>Silver Sneakers (55 min.) Thom— Lg. Studio</b>	
<b>10:30am</b>	\$Enhance Fitness (55 min.) Lisa—ULC		\$Enhance Fitness (55 min.) Lisa—ULC		\$Enhance Fitness (55 min.) Lisa—ULC
	\$Enhance Fitness (55 min.) Jeanette—Mt. Hope UMC		\$Enhance Fitness (55 min.) Jeanette—Mt. Hope UMC		\$Enhance Fitness (55 min.) Jeanette—Mt. Hope UMC
<b>11:00am</b>	\$Enhance Fitness (55 min.) Chris—Lg. Studio		\$Enhance Fitness (55 min.) Chris—Lg. Studio		\$Enhance Fitness (55 min.) Chris—Lg. Studio
<b>11:30am</b>		\$ Senior Yoga Lisa-Large I			

**Bold Font = Free Member Benefit Class**

\$ Indicates Fee Based Program

# Senior Class Descriptions

**Aqua Fit:** This exercise program helps increase joint mobility while focusing on stretching, gentle strengthening techniques and light aerobic activity. Health Seeker Class is appropriate for individuals beginning a fitness program. Member: Free Guest: \$125

**Enhance Fitness:** Improve your strength, balance, flexibility, and cardiovascular health with this program designed for seniors. This evidence-based program is endorsed by the Michigan Department of Community Health Arthritis Program and the CDC. Health Seeker Class is appropriate for individuals beginning a fitness program. Member:\$25 Guest:\$50 for 21 classes!

**Forever Fit:** This exercise class is especially designed for active seniors. Class focus is to build core strength, improve balance and range of motion involving all joints/muscles. Member: \$25, Guest: \$70

**Senior Yoga:** This 30 minute class will incorporate range of movement exercises, alignment, stretching, strengthening, awareness, breathing and relaxation to refresh, energize, improve posture, deepen breathing and improve sense of well-being. This class is done entirely sitting in a chair or standing.

Member: \$25, Guest:, \$50

**Silver Sneakers:** This class can help you maintain an independent lifestyle and is appropriate for individuals who are fit and active as well as those who are sedentary, intimidated or unfamiliar with exercise. This positive social environment will improve strength, flexibility, cardiovascular fitness, and your quality of life. Health Seeker Class is appropriate for individuals beginning a fitness program. Member: Free Guest: \$70

**Stronger Longer:** In this class you will improve your cardiovascular conditioning, range of motion, flexibility, coordination and strength. Health Seeker Class appropriate for individuals beginning a fitness program. Member: Free Guest:\$70

**Zumba Gold:** ZUMBA Gold is for the active, older or de-conditioned adult. It provides choreography that can safely and easily be learned. Like ZUMBA Basic Fitness, it incorporates musical styles like Merengue, Salsa, Cumbia, Reggaeton and Belly dancing with unique moves and combinations. ZUMBA Gold provides a fun, enjoyable social environment and it is a great way to improve physical and mental health at the same time. Member:\$25 Guest:\$70

**Program Cancellation and Refunds Policy:** Operation of all scheduled activities depend on minimum enrollment and are subject to cancellation at any time. If the Y cancels a class you will be given a full refund or credit. If a participant withdraws from a program prior to the start date a full credit will be applied. Dropping a program after it has started will result in a pro-rated credit applied to your account based on the date of the cancellation. Credit will be kept on your account for 1-year and may be used for programs, or merchandise at the branch where the offered.