

YACTIVE OLDER ADULTS™

We build strong kids, strong families, strong communities.

Schedules at Lewisville Senior Center*

Lewisville Senior Center	Monday	Tuesday	Wednesday	Thursday	Friday
9:00 am		PACERS Room A3		PACERS Room A3	
9:15 am			Yoga Room A3		
10:30 am	Chair Exercise Room A3				
5:30 pm		Room A3	Zumba Room A3		
6:00 pm		Low-Impact Room A3		Low-Impact Room A3	

Low Impact Classes:

Rhythmic movement to raise heart rate followed by toning and stretching

Yoga:

Yoga with the use of chairs

Chair Exercise:

Muscular strength and range of motion exercises using of chairs

PACERS:

Range of Motion for every joint in your body.

Zumba:

A fun-filled dance class with Latin flare. Class runs November 11-December 23

*Lewisville Senior Activities Center

1950-A Valley Parkway

972-219-5050

Shelly Brennan, AOA Coordinator sbrennan@ymcadallas.org

Karen Thornhill, Membership and Wellness Director kthornhill@ymcadallas.org

Cross Timbers Family YMCA * 2021 Cross Timbers * Flower Mound TX * 972-539-9622