

# YACTIVE OLDER ADULTS™

We build strong kids, strong families, strong communities.

## YMCA Schedule **Sept 2010**

YMCA	Monday	Tuesday	Wednesday	Thursday	Friday
8:00 am	Low-Impact Aerobics Multi Purpose		Low-Impact Aerobics Multi Purpose		Low-Impact Aerobics Multi Purpose
8:15 am		PiYo Aerobic Room		PiYo Aerobic Room	
9:00 am	Line Dancing Multi Purpose		Kickers Multi Purpose		Line Dancing Multi Purpose
9:30		Zumba Gold Multi Purpose	Pickleball Multi Purpose	Zumba Multi Purpose	
10:00 am			SilverSneakers® Multi Purpose		SilverSneakers® Multi Purpose
10:30 am		YogaStretch Multi Purpose		Yoga Multi Purpose	
11:00 am	Low-Impact Aerobics Multi Purpose		Low-Impact Aerobics Multi Purpose		Low-Impact Aerobics Multi Purpose

**Low Impact Classes:** Rhythmic movement to raise heart rate followed by toning and stretching

**Line Dancing:** Participant-led line dance practice

**Kickers:** Performance Dance. Participants practice to perform for various groups

**YogaStretch/Yoga:** Yoga poses with the use of chairs

**SilverSneakers®:** Muscular strength and range of motion exercises using chairs, weights, balls and bands

**Pickleball** A combination of tennis and badminton played with ‘an over-sized ping-pong paddle’

**Zumba Gold:** A fun-filled dance class with Latin flare that is a little slower paced than Zumba. Steps include shaking your hips and swaying side to side among others.

**PiYo:** A combination of Pilates and yoga

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## Schedules at Lewisville Senior Center\*

Lewisville Senior Center	Monday	Tuesday	Wednesday	Thursday	Friday
9:00 am		<b>PACERS</b> Room A3		<b>PACERS</b> 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.

\*Lewisville Senior Activities Center  
1950-A Valley Parkway  
972-219-5050

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

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