

BE  
GOOD

DO  
GOOD

FEEL  
GOOD

YMCA of Metropolitan Washington

## Active Adult Programs

SENIOR HEALTH

### GET STARTED

**1 REVIEW our offerings.**  
A. **Use the detailed listings** (pages 40-42) to find the specific class that best fits your needs. All class descriptions include a list of the branches where they are offered.

**2 GET MORE INFORMATION** about class times, prices and registration deadlines.

A. Visit [www.ymcadc.org](http://www.ymcadc.org).

Click on the **Easy to Enroll icon** and browse all our class listings, or

B. **Call or visit the YMCA branch**

you are interested in attending and ask for detailed information.



**3 REGISTER.**

A. Visit [www.ymcadc.org](http://www.ymcadc.org).

Click on the **Easy to Enroll icon**, select the class you are interested in and register. Program members or non-members should call the branch to register, or

B. **Complete the registration form at the end of this guide** and mail

it to, or drop it off at, your YMCA.

Registration forms should be submitted with payment. Addresses for all YMCA branches are listed on p. 12.

The YMCA of Metropolitan Washington offers many classes and programs designed exclusively for active, older adults who want to improve their strength, flexibility, balance and endurance. Our classes are easy on the joints and appropriate for individuals who regularly exercise, as well as those who may not have exercised in years.

These programs supplement our comprehensive wellness and group exercise programs. For more information on those programs, see page 16.

### SENIOR HEALTH & WELLNESS CLASSES

#### Action Against Arthritis

This 45-minute water aerobics class is designed for those with arthritis and other health problems. Participants will increase strength, flexibility and joint mobility. Class includes no swimming.

*Available at: ALEX, BCC*

#### Active Older Adults

This low-impact workout for participants 55 years and older promotes flexibility, cardiovascular health and strength conditioning.

*Available at: REST*

#### Arthacize

A shallow water workout for those with arthritis, joint or muscle concerns. This non-impact, toning and exercise program focuses on muscle flexibility and range of motion. No swimming skills required.

*Available at: ALEX*



# ACTIVE

# ADULT

For specific class dates, times, prices and registration information, please visit [www.ymcadc.org](http://www.ymcadc.org) or contact your branch.

### **Cardiolite**

A low impact class with an emphasis on improving posture, balance, range of motion, flexibility and muscle strength.

*Available at: SS*

### **Dance Fusion for Seniors**

Easy-to-follow choreographed dance aerobics, plus a complete muscle-toning segment. A great workout for those who prefer to exercise at a slower pace.

*Available at: BCC*

### **Easy Does It**

Gentle chair exercises for any wellness level. If you are challenged with Parkinson's Disease, arthritis, fibromyalgia or a bad back, this may be the class for you.

*Available at: BCC*

### **Fit-4-Ever**

Feel better, have fun and make new friends! Improve your posture, balance, coordination, range of motion and flexibility. Perfect for men and women.

*Available at: BCC*

### **Golden Sneakers Walking Group**

Come join the Golden Sneakers group for some excellent exercise in a wonderful atmosphere. Walks will be held on an outdoor track.

*Available at: ALEX*

### **Low Impact Water Aerobics**

A shallow-end workout designed to improve cardiovascular ability, muscle strength and endurance with little impact. Excellent class for seniors and pre/post-natal mothers. Class requires no swimming.

*Available at: ALEX, REST, SS*

### **Personal Training for Seniors**

Customized personal training packages are available for active adults and seniors. The YMCA's certified personal trainers will work with individuals to create a wellness plan that fits their specific goals and needs.

*Available at: ALEX, ARL, BCC, NC, PO, REST, SS*

*(continued)*





YMCA of Metropolitan Washington

## Active Adult Programs

(cont'd)

### **Sassy (Senior Active Spirits Staying Young)**

An energizing, fun program for seniors, ages 55 and older, that includes a variety of low impact exercises. Workouts include stimulating music, chair exercises, walking on the track, and the supervised use of dumbbells, stretch bands and strength training machines. Program also features a variety of speakers on health-related subjects.

*Available at: NC*

### **Seniorize**

An aerobic class designed especially for seniors. Improve your cardiovascular endurance, strength and flexibility in this fun class.

*Available at: ALEX*

### **Senior Fit and Swim**

Water exercises combined with lap swimming, stretching, toning, flexibility and range of motion exercises.

*Available at: ALEX, BCC*

### **SilverSneakers**

SilverSneakers classes are designed exclusively for active older adults who want to improve their strength, flexibility, balance and endurance. They are easy on the joints and appropriate for individuals who regularly exercise, as well as those who may not have exercised in years.

*Available at: ALEX, ARL, REST, NC*

### **Strong, Stretched and Balanced**

Improve strength, flexibility and balance while emphasizing good postural alignment and relaxation.

*Available at: BCC*

### **Zesty Trailblazers**

Join this group of active seniors for activities including line dancing, book clubs, social functions, health talks, special activities, day trips and group exercise courses.

*Available at: PO*

For more information on our adult wellness programs, see page 16.

ACTIVE ADULT