



FIT AND WELL SENIORS

WELLNESS PROGRAM DESIGNED SPECIFICALLY FOR SENIORS 55 AND OLDER



Part of the Senior Service Network Supported by
the Department of Aging and Community Living

Washington DC's Premier Senior Fitness Program

Specifically designed for ages 60+, All Seniors All Day!

Description of Fit Well Classes

"African Dance"

Improve flexibility
Promotes relaxation and reduces stress



Rang of motion
Lower risk of injury

Standing exercises using weights, stretch bands and light cardio movements

Aqua Aerobics 4 Seniors

Increase muscle strength
Build endurance



Increase flexibility
Low-impact exercise

Aqua Aerobics is a low impact but high intensity workout. Requires no swimming skills, uses the resistance of the water to cushion feet, knees and back.

Aqua Aerobics 4 Seniors D

Increase muscle strength
Build endurance



Increase flexibility
Low-impact exercise

D Deep water exercise is a low impact but high intensity workout, incooperating choreography, movments and props.

Aqua Aerobics 4 Seniors S

Increase muscle strength
Build endurance



Increase flexibility
Low-impact exercise

S Shallow water exercises is a low impact, total body workout in the shallow end of the pool designed to increase heart rate.

Artistic Expression, Arts Crafts

Reduces depression and anxiety
Helping individuals relax



Improving brain cognition
Offering sensory stimulation and reducing boredom

Artist expression, Arts & Crafts activities enable us to express what we experience in life and to share its special moments in uniquely personal ways.”

Artistic Expression, Let's Paint

Reduces depression and anxiety
Helping individuals relax



Improving brain cognition
Offering sensory stimulation and reducing boredom

Artist expression, Let's Paint uses paint as the medium with activities designed to relax and expand the creative mind.

Basic Training 4 Your Body

Improves agility
Reduces stress, anxiety and depression



Enhances mood
Range of motion

Interactive assesment that can involves seated and standing exercises designed to highlight a Seniors need for imporved strength, flexibility, balance ans light cardio. Includes detailed discussion about proper body mechanics, injury prevention and overall health in a entertaing presentation.

Body + Posi

Increase muscle strength
Boost self-esteem and confidence



Increase endurance
Improve hand-eye coordination

Body Posi is short for body positive. Body positive is a social movement that encourages people to accept and love the body that they are in, while challenging society's perception of what it mean to have a beautiful body. The objective of my class is to boost the confidence and self esteem of women 55 and above through movement, in hopes to show them that even though they are aging, their body is still indeed beautiful and should be taken care of.

Cardio-Lite

Improve flexibility
Improve knowledge on basic training and overall health benefits



Increase strength
Increase stamina

Standing light, simple cardio movement to improve cardiovascular to fun dance music

Circuit Training

Decreases blood pressure
Decreases resting heart rate



Decrease stress levels
Increase muscular endurance

Body conditioning, endurance training, and resistance training using weight machines, cardio machines and other exercises moving from one circuit to another in timed succession

DAFL/Fit & Well Presentation

Improves strength
Body composition weight



Decrease stress levels
Increase muscular endurance

Seated and standing exercises that focus on strength, flexibility, balance and light cardio. Includes detailed discussion about proper body mechanics, injury prevention and overall health

Hand Dancing

Improve flexibility
Improve knowledge on basic training and overall health benefits



Increase strength
Increase heart-rate

Movement through learning DC Hand Dance or DC "Swing" emphasizing the basic 6-count steps

Healthy Cooking 4 Seniors

Maintain proper hydration

Prepare nutritious meals

Improve cooking skills

Learn how to properly hydrate

A top priority for the YMCA of Metropolitan Washington is to support the region's health and well-being. We believe that this is achieved by taking a comprehensive approach to health for each individual and communities that we serve.

On the individual level, the prescription for achieving and maintaining health includes a lot: engaging in regular physical activity, maintaining proper hydration; eating nutritious meals that are appropriate for you, reducing stress, getting adequate sleep, and more. It is not easy.

There are factors we each face as unique individuals and others that we face as a community.

Similarly, nutrition is confusing and the food system is complex. Some of our families struggle with food insecurity while others do not. Some individuals want to focus on cooking skills while others want a place to purchase produce. For these reasons, the Y's food programs adopt community-specific programming that addresses the needs and desires of our families. We believe that by doing so we can make a change in our regional food system.

Indoor Cycle 4 Seniors

Improve cognition

Improve heart-rate



Range of motion

Organized activity using a stationary bycle machine. It is a form of exercise using endurnace, intervals and strength.

Learn 2 Swim 4 Seniors

Improve ednurace

Improve strength



Range of motion

Builds lean muscle definition

Learning basic swim strokes and other water skills needed to stay safe in the water

Line Dance

Staying safe in the water

The ability and skill to know how to swim



Range of motion

Bolster self-esteem

A line dance is a choreographed dance with a repeated sequence of steps in which a group of people dance in one or more lines or rows, all facing either each other or in the same direction, and executing the steps at the same time. Unlike circle dancing, line dancers are not in physical contact with each other.

Men's Fitness

Improve cognition

Imrpoves cardiovascular systems



Range of motion

Bolster self-esteem

Seated and standing exercises designed just for men focusing on strength, abdominal and circuit movements and other men-specific exercises

Music, Meditation, and Me



Meditation is a great way to feel more centered and focused, and to de-stress after a long day. Music is a useful tool in meditation, as it can help you clear your mind and stay in the moment. There are different forms of meditation, and different ways to use music with each one.

Operation Silver Soldier

Be All You Can Be! A military styly workout that provides a total body workout, the motivation and sweat come right along with it.

Pilates

Pilates Is Whole-Body Fitness
maintain good posture



Develops back, and pelvic muscles
Increases Energy

Pilates is a physical fitness system developed in the early 20th century by Joseph Pilates, after whom it was named. Pilates is great for strengthening and toning with a focus on your core and increasing your flexibility pelvis as well as maintain good posture. Pilates involves precise moves and specific breathing techniques. Pilates can be very demanding, so start slowly.

Sit Down, Get Down

Improve strength
Imrpoves cardiovascular and respiratory
systems



Bolster self-esteem
Builds lean muscle definition

Seated chair exercises focusing on strength, balance, cardio in a fun and stimulating class setting.
You can Sit down, but you can't Sit Still!

Sticking Around

Great for working out the core
Conditioning moves



Cardio Interval Training
Fun yet diverse workout

Seated and standing cardio exercises focusing on using drumsticks as a medium for a fun-filled rhythmic full-body workout

Sticking Around/Line Dance

Enhances mood
Increases stagmina



Rang of motion
Lower risk of injury

Seated and standing cardio exercises focusing on using drumsticks as a medium for a fun-filled rhythmic full-body workout/Standing cardio exercise learning choreographed dance moves with repeated sequence of steps where students are in a line or in rows

Strength & Resistance

Boosts metabolic rate
Improves physical function



Helps prevent/manage type 2 diabetes
Improves cardiovascular health

Seated or standing exercises using weights and/or resistance bands

Strength & Resistance II

Boosts metabolic rate
Improves physical function



Helps prevent/manage type 2 diabetes
Improves cardiovascular health

Advanced weight training exercises seated or standing designed to increase physical strength doing weight-bearing and resistance
Advanced weight training exercises seated or standing designed to increase physical strength doing weight-bearing and resistance

Stretching Your Limits

Improve balance
Improve muscular definition on lower body



Range of motion
Reduces blood pressure

Seated, standing or on the mat exercises focused on light stretching, flexibility, range of motion, and meditative breathing

Tai Chi 1

Improve flexibility
Promotes relaxation and reduces anxiety



Range of motion
Lower risk of injury

Standing exercises, movements, and practices focused on slow, focused movements accompanied with meditative breathing

Tai Chi 2

Improve flexibility
Promotes relaxation and reduces stress



Range of motion
Lower risk of injury

Standing. Advance students focusing on fine-tuning the basic 24 movements and moving on to other Tai Chi forms.

Tai Chi Beninners

Improve flexibility
Promotes relaxation and reduces stress



Range of motion
Lower risk of injury

Standing exercises, movements, and practices focused on slow, focused movements accompanied with meditative breathing

The "WALL" Workout

Improve endurance
Improves cardiovascular and respiratory systems



Range of motion
Improve flexibility

Standing series of exercises using the wall as a support for resistance, strengthening and balancing movements

Yoga

Improve balance
Improve muscular definition on lower body



Range of motion
Reduces blood pressure

Yoga combines breath, physical postures and mind-body awareness in order to cultivate outer and inner strength, flexibility and balance as a means of self-care and self-discovery. In this class emphasis is placed on safe alignment and postural awareness with ample time to transition between poses. Poses include lying, standing, seated and kneeling lunges, forward folds, back bends, twists and lateral stretches. Classes are light-hearted, infused with mindfulness and appropriate for all fitness levels. Fit & Well Seniors Yoga classes are specially designed to accommodate students' needs including modifications and props.

Yoga "Vinyasa"

Relieves pain, tight muscles
lengthens and strengthens muscles



Range of motion
Reduces blood pressure

Vinyasa" translates to "arranging something in a special way." Vinyasa classes are mindfully and creatively sequenced, connecting breath with movement. The all-levels class provides modifications and variations so that beginners and advanced practitioners alike will enjoy the flow. This class also incorporates pranayama (breathing exercises) that leave students feeling energized, refreshed, and ready to take on the week.

Yoga "Yin"

Relieves pain, tight muscles
lengthens and strengthens muscles



Range of motion
Reduces blood pressure

Yin Yoga is a passive practice intended to stretch the connective tissue around the joints and the fascia. Rather than moving quickly between poses, students hold postures for three to five minutes at a time. Expect to focus on the hips, sacrum, and spine, among other areas of the body.

Zumba Gold

Improve in balance
Reduces stress, anxiety and depression



Increases relaxation
Enhances mood

Zumba Gold combines Latin-dance moves with a party-like atmosphere designed to be accessible for seniors, beginners or others needing modifications in their exercise routine. Zumba Gold builds cardiovascular health by challenging the heart and working the muscles of the hips, legs and arms with dance moves.

Zzzz, TBD

Custom classes
Dedicated Instructors



Powerful Partners
Exclusive Events for Seniors

Don't sleep on the YMCA of Metro Washington Program development TEAM. We continuously create new formats based upon your needs all the time.