



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

JOPLIN FAMILY YMCA

SENIOR FITNESS CLASSES

	MON.	TUES.	WED.	THURS.	FRI.	SAT.
8:00 am	Water in Motion® (P) w/ Crystal Low Impact Conditioning (2) w/ Janine		Water in Motion® (P) w/ Crystal Low Impact Conditioning (2) w/ Janine		Water in Motion® (P) w/ Crystal	
9:00 am	Aquacise (P) w/ Julia Active Older Adults (1) w/ Kara Step & Strength (2) w/ Janet Pick-up Pickleball (G) 9am-11am	Arthricise (P) w/ Pat	Aquacise (P) w/ Julia Active Older Adults (1) w/ Kara Pick-up Pickleball (G) 9am-11am	Arthricise (P) w/ Pat	Aquacise (P) w/ Julia Active Older Adults (1) w/ Kara Step & Strength (2) w/ Janet Pick-up Pickleball (G) 9am-11am	Aqua Bootcamp (P) w/ Letha
10:00 am	Aqua Zumba® (P) w/ Lisa	Arthricise (P) w/ Pat		Arthricise (P) w/ Pat	Aqua Zumba® (P) w/ Lisa	Aqua Bootcamp (P) w/ Letha
11:00 am	Arthricise (P) w/ Pat Zumba Gold® (1) w/ Lisa	Active Older Adults (2) w/ Karen	Arthricise (P) w/ Pat Zumba Gold® (1) w/ Lisa	Active Older Adults (2) w/ Karen	Arthricise (P) w/ Pat Zumba Gold® (1) w/ Chasity	S'wet In the Deep w/ Letha (30 min)
12:00 pm	Arthricise (P) w/ Pat		Arthricise (P) w/ Pat		Arthricise (P) w/ Pat	
1:30 pm		Splash for Diabetic Health (P) w/ Jodi		Splash for Diabetic Health (P) w/ Jodi		
2:00 pm	SilverSneakers® Classic (1) w/ Karen	SilverSneakers® Yoga (1) w/ Karen	SilverSneakers® Classic (1) w/ Karen	SilverSneakers® Yoga (1) w/ Karen		Pick-up Pickleball (G) 1pm-3pm
4:30 pm		Aqua Bootcamp (P) w/ Letha		Aqua Bootcamp (2) w/ Letha		
5:30 pm	Aquacise (P) w/ Dianne	Aqua Bootcamp (P) w/ Letha	Aquacise (P) w/ Dianne	Aqua Bootcamp (2) w/ Letha	Aquacise (P) w/ Dianne	

1= Fitness Studio 1 (On 1st Floor) 2= Fitness Studio 2 (On 2nd Floor) P= Pool G= Gym
All classes are free to members. Nonmembers may purchase a day pass for \$10 to participate in classes.
All classes are 50 minutes in length unless otherwise specified. See other side for class descriptions.



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SENIOR FITNESS CLASS DESCRIPTIONS

JOPLIN FAMILY YMCA

ACTIVE OLDER ADULTS: A fun friendly class designed especially for the needs of older adults. Designed to help maintain health and the functional abilities you need to help you stay active.

AQUA BOOTCAMP: Strengthen your core, burn calories and increase cardio endurance using all 620 muscles with intense movements all set to music. Fun, challenging total body workout with minimal impact on your joints.

AQUACISE: Moderate intensity, vigorous, water-supported exercise class using water resistance to increase cardiovascular endurance, muscle tone and flexibility

ARTHRICISE: Low intensity water-based program designed to help relieve pain and stiffness caused by arthritis with gentle activities in warm water, primarily held in the shallow end of the pool

AQUA ZUMBA®: High intensity, safe, challenging, water-based workout that's cardio-conditioning, body-toning, and most of all, exhilarating beyond belief (Splashing, stretching, twisting, even shouting, laughing, hooting and hollering!)

LOW IMPACT STRENGTH AND CONDITIONING: Moderate-intensity class designed to help improve core strength, balance and flexibility.

SILVERSNEAKERS® CLASSIC: Have fun and move to the music with exercises designed to increase muscle strength, range of motion and ability to do activities for daily living. A chair is available if needed for seated or standing support.

SILVERSNEAKERS® YOGA: Move your body through a series of yoga postures to increase flexibility, balance, and range of movement. Promote stress reduction and mental clarity. Chair support assists various poses.

SPLASH FOR DIABETIC HEALTH: From aquacise to water dodgeball, this class will get you moving, helping you manage blood sugar through weight loss while surrounded by a supportive community of other diabetics.

STEP AND STRENGTH: High-intensity class utilizing basic to intermediate step choreography plus strength training.

S'WET IN THE DEEP: An extension of Aqua Bootcamp with a focus on resistance training in the deeper parts of the pool.

WATER IN MOTION®: High-energy, calorie-burning workout combines cardiovascular training with muscle-toning techniques in the massaging environment of the pool for reduced impact on joints.

ZUMBA GOLD®: Provides modified, low-impact moves for older adults, so you move to the beat at your own speed.

JOPLIN FAMILY YMCA

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