



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## JOPLIN FAMILY YMCA

# SENIOR FITNESS CLASSES

	MON	TUES	WED	THURS	FRI	SAT
<b>8:00am</b>	<b>Water in Motion®</b> (P) w/ Crystal <b>Low Impact Conditioning</b> (2) w/ Janine		<b>Water in Motion®</b> (P) w/ Crystal <b>Low Impact Conditioning</b> (2) w/ Janine		<b>Water in Motion®</b> (P) w/ Crystal	
<b>9:00am</b>	<b>Aquacise</b> (P) w/ Julia <b>Active Older Adults</b> (2) w/ Shannon	<b>Arthricise</b> (P) w/ Pat	<b>Aquacise</b> (P) w/ Julia <b>Active Older Adults</b> (2) w/ Shannon	<b>Arthricise</b> (P) w/ Pat	<b>Aquacise</b> (P) w/ Julia <b>Active Older Adults</b> (2) w/ Shannon	<b>Aqua Bootcamp</b> (P) w/ Letha
<b>9:30am</b>	<b>Step &amp; Strength</b> (2) w/ Janet <b>Pick-up Pickleball</b> (G) 9am-11am		<b>Pick-up Pickleball</b> (G) 9am-11am		<b>Step &amp; Strength</b> (2) w/ Janet <b>Pick-up Pickleball</b> (G) 9am-11am	
<b>10:00am</b>	<b>Aqua Zumba®</b> (P) w/ Lisa	<b>Arthricise</b> (P) w/ Pat		<b>Arthricise</b> (P) w/ Pat	<b>Aqua Zumba®</b> (P) w/ Lisa	<b>Aqua Bootcamp</b> (P) w/ Letha
<b>11:00am</b>	<b>Arthricise</b> (P) w/ Pat <b>Zumba Gold®</b> (1) w/ Lisa	<b>Active Older Adults</b> (2) w/ Karen	<b>Arthricise</b> (P) w/ Pat <b>Zumba Gold®</b> (1) w/ Lisa	<b>Active Older Adults</b> (2) w/ Karen	<b>Arthricise</b> (P) w/ Pat <b>Zumba Gold®</b> (1) w/ Chasity	<b>S'wet In the Deep</b> w/ Letha (30 min)
<b>12:00pm</b>	<b>Arthricise</b> (P) w/ Pat		<b>Arthricise</b> (P) w/ Pat		<b>Arthricise</b> (P) w/ Pat	
<b>1:30pm</b>		<b>Splash for Diabetic Health</b> (P) w/ Jodi		<b>Splash for Diabetic Health</b> (P) w/ Jodi		
<b>2:00pm</b>	<b>SilverSneakers® Classic</b> (1) w/ Karen	<b>SilverSneakers® Yoga</b> (1) w/ Karen	<b>SilverSneakers® Classic</b> (1) w/ Karen	<b>SilverSneakers® Yoga</b> (1) w/ Karen		<b>Pick-up Pickleball</b> (G) 1pm-3pm
<b>4:30pm</b>		<b>Aqua Bootcamp</b> (P) w/ Letha		<b>Aqua Bootcamp</b> (2) w/ Letha		
<b>5:30pm</b>	<b>Aquacise</b> (P) w/ Dianne	<b>Aqua Bootcamp</b> (P) w/ Letha	<b>Aquacise</b> (P) w/ Dianne	<b>Aqua Bootcamp</b> (2) w/ Letha	<b>Aquacise</b> (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 \$6 to participate in classes. All classes are 50 minutes in length unless otherwise specified. See other side for class descriptions.

JOPLIN FAMILY YMCA

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Updated 10/05/18



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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.