



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# SENIOR FITNESS CLASS SCHEDULE

JOPLIN FAMILY YMCA

	MON	TUES	WED	THURS	FRI	SAT
<b>8:00am</b>	<b>Water in Motion®</b> (D) w/ Crystal <b>Low Impact Conditioning (S)</b> w/ Janine		<b>Water in Motion®</b> (D) w/ Crystal <b>Low Impact Conditioning (S)</b> w/ Janine			
<b>9:00am</b>	<b>Aquacise (D)</b> w/ Diana <b>Aquacise (S)</b> w/ Julia	<b>Arthricise (D)</b> w/ Pat	<b>Aquacise (D)</b> w/ Diana <b>Aquacise (S)</b> w/ Julia	<b>Arthricise (D)</b> w/ Pat	<b>Aquacise (D)</b> w/ Diana <b>Aquacise (S)</b> w/ Julia	
<b>9:30am</b>		<b>SilverSneakers® Classic (D)</b> w/ Crystal		<b>SilverSneakers® Classic (D)</b> w/ Crystal		
<b>10:00am</b>	<b>Arthricise (D)</b> w/ Pat <b>Aqua Zumba® (S)</b> w/ Dave	<b>Arthricise (D)</b> w/ Pat	<b>Arthricise (D)</b> w/ Pat <b>Aqua Zumba® (S)</b> w/ Dave	<b>Arthricise (D)</b> w/ Pat	<b>Arthricise (D)</b> w/ Pat <b>Aqua Zumba® (S)</b> w/ Lisa	<b>Aqua Bootcamp (D)</b> w/ Letha
<b>11:00am</b>	<b>Arthricise (D)</b> w/ Pat <b>Active Older Adults (D)</b> w/ Angela <b>Zumba Gold® (S)</b> w/ Dave	<b>Active Older Adults (S)</b> w/ Angela	<b>Arthricise (D)</b> w/ Pat <b>Active Older Adults (D)</b> w/ Angela <b>Zumba Gold® (S)</b> w/ Dave	<b>Active Older Adults (S)</b> w/ Angela	<b>Arthricise (D)</b> w/ Pat <b>Active Older Adults (D)</b> w/ Angela <b>Zumba Gold® (S)</b> w/ Dave	
<b>1:30pm</b>	<b>Splash for Diabetic Health (D)</b> w/ Jodi					
<b>2:00pm</b>	<b>SilverSneakers® Circuit (S)</b> w/ Karen		<b>SilverSneakers® Circuit (S)</b> w/ Karen		<b>SilverSneakers® Circuit (S)</b> w/ Karen	
<b>3:45pm</b>			<b>Splash for Diabetic Health (D)</b> w/ Jodi			
		<b>Aqua Bootcamp (D)</b> w/ Letha		<b>Aqua Bootcamp (D)</b> w/ Letha		
<b>5:30pm</b>	<b>Aquacise (D)</b> w/ Milton	<b>Aqua Bootcamp (D)</b> w/ Letha	<b>Aquacise (D)</b> w/ Milton	<b>Aqua Bootcamp (D)</b> w/ Letha	<b>Aquacise (D)</b> w/ Milton	
<b>5:45pm</b>		<b>Aquacise (S)</b> w/ Jodi		<b>Aquacise (S)</b> w/ Jodi		

\* Classes held at Downtown are marked with a (D) and classes held at South are marked with an (S).  
All classes are free to members. Nonmembers may purchase a day pass for \$6 to participate in classes.  
Please see next page 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® CIRCUIT:** Combine fun with fitness to increase your cardiovascular and muscular endurance power with a low-impact circuit workout. A chair is used for standing support, stretching and relaxation exercises.

**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.

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