

# ACTIVE OLDER ADULT GROUP EXERCISE SCHEDULE OCTOBER 5 to NOVEMBER 25, 2026

| SUNDAY                                                                                    | MONDAY                                                               | TUESDAY                                                                           | WEDNESDAY                                                                | THURSDAY                                                                          | FRIDAY                                               | SATURDAY |
|-------------------------------------------------------------------------------------------|----------------------------------------------------------------------|-----------------------------------------------------------------------------------|--------------------------------------------------------------------------|-----------------------------------------------------------------------------------|------------------------------------------------------|----------|
|                                                                                           | 8:30 AM (30)<br><b>LES MILLS<br/>THRIVE™</b><br>STUDIO A             |                                                                                   | 8:15 AM (45)<br><b>SILVER<br/>SNEAKERS</b><br>CARDIO CIRCUIT<br>STUDIO A |                                                                                   |                                                      |          |
|                                                                                           | 9:15 AM (30)<br><b>WALK - N -<br/>TALK</b><br>TRACK                  |                                                                                   | 9:15 AM (45)<br><b>SILVER<br/>SNEAKERS</b><br>CARDIO CIRCUIT<br>STUDIO A | 9 AM (45)<br><b>LINE<br/>DANCING</b><br>STUDIO B                                  |                                                      |          |
|                                                                                           | 10 AM (45)<br><b>CHAIR<br/>STRETCH &amp;<br/>BALANCE</b><br>STUDIO A | 10 AM (60)<br><b>WARM SLOW<br/>FLOW YOGA</b><br>RESERVATION NEEDED<br>YOGA STUDIO | 10:15 AM (45)<br><b>CHAIR<br/>YOGA</b><br>STUDIO A                       | 10 AM (60)<br><b>WARM SLOW<br/>FLOW YOGA</b><br>RESERVATION NEEDED<br>YOGA STUDIO |                                                      |          |
|                                                                                           |                                                                      | 10 AM (45)<br><b>SILVER<br/>SNEAKERS</b><br>CLASSIC<br>STUDIO B                   |                                                                          | 10 AM (45)<br><b>SILVER<br/>SNEAKERS</b><br>CLASSIC<br>STUDIO B                   | 10:15 AM (30)<br><b>WALK - N -<br/>TALK</b><br>TRACK |          |
|                                                                                           |                                                                      | 11 AM (30)<br><b>CHAIR YOGA</b><br>STUDIO B                                       |                                                                          | 11 AM (30)<br><b>CHAIR YOGA</b><br>STUDIO B                                       | 11 AM (45)<br><b>SLOW FLOW<br/>YOGA</b><br>STUDIO B  |          |
|                                                                                           | 11 AM (45)<br><b>SLOW FLOW<br/>YOGA</b><br>STUDIO B                  |                                                                                   |                                                                          |                                                                                   |                                                      |          |
| 1 PM (45)<br><b>LES MILLS<br/>THRIVE™</b><br>STUDIO A                                     |                                                                      |                                                                                   |                                                                          |                                                                                   |                                                      |          |
| 2:30 PM (45)<br><b>AERIAL<br/>GUIDED<br/>MEDITATION</b><br>RESERVATION NEEDED<br>STUDIO B |                                                                      |                                                                                   | 5:30 PM (30)<br><b>LES MILLS<br/>THRIVE™</b><br>STUDIO A                 | 5:30 PM (60)<br><b>RESTORATIVE<br/>YOGA</b><br>RESERVATION NEEDED<br>STUDIO A     | <b>MORE<br/>INFORMATION<br/>ON BACK SIDE</b>         |          |
|                                                                                           |                                                                      |                                                                                   |                                                                          |                                                                                   |                                                      |          |



ASCENSION ST. VINCENT YMCA

# GROUP EXERCISE

ACTIVE OLDER ADULT CLASS SCHEDULE





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# GROUP EXERCISE

ACTIVE OLDER ADULT CLASS SCHEDULE



## GROUP EXERCISE

Class details and descriptions are available in the mobile app. Download the YMCA PULSE app in your phone's app store.

## FREE BLOOD

### PRESSURE CHECKS

8 - 10 AM

1st Monday of each  
Month in the Lobby.

## PICKLEBALL

Available in the Gym. Book your court time on the mobile app or website.

## CHECK THE SCHEDULE

Scan the QR Code to  
look at the most up to  
date programming  
calendar!



## FREE COFFEE

Monday - Friday 5 - 9 AM in  
the Lobby.

## AQUATICS CLASSES

Please check the Aquatics schedule  
or website.

## SILVER SNEAKERS CLASS DESCRIPTIONS

**Chair Yoga:** All fitness levels. Chair Yoga is taught from both a seated and standing position, in combination with restorative breathing exercises, to enhance the flow and energy created by the various poses.

**Chair Stretch & Balance:** All fitness levels. Class is taught from both a seated and standing position. Class will focus on restorative breathing exercises, muscle stretching and balance work.

**Silver Sneakers Classic:** Beginner AOA; this low impact class is performed with music, from both a seated and standing position (staying seated is an option) and alternates between low impact moves, balance, and strength work using resistance tubes, exercise ball, and light dumbbells. Exercises are performed that mimic everyday movements and will help increase mobility and strength in the major joints and muscles.

**Silver Sneakers Cardio Circuit:** Beginner-Intermediate AOA; this low impact cardio class is presented in a circuit format that alternates between low impact choreographed moves, balance and strength work using resistance tubes, exercise ball and light dumbbells. The cardio and balance portions of the class are performed standing, but strength exercises may be done standing or seated in a chair.

**TOP:** Friendships and connections are one of the BEST parts about our Silver Sneakers classes. Meet new people, make new friends, and stay healthy together.

**MIDDLE:** Silver Sneakers Circuit is a great way to increase cardio capacity in a low impact way. This class is generally performed standing and does not use chairs.

**BOTTOM:** Silver Sneakers Classic classes offer participants the option to complete class standing or seating. Everyone works on building strength and balance in this class.



FIND FRIENDS AT THE YMCA



SILVER SNEAKERS  
CARDIO CIRCUIT



SILVER SNEAKERS  
CLASSIC