ACTIVE OLDER ADULT GROUP EXERCISE SCHEDULE NOVEMBER 28 TO DECEMBER 30, 2026

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

the Y YMCA

ASCENSION ST. VINCENT YMCA

GROUP EXERCISE

ACTIVE OLDER ADULT CLASS SCHEDULE

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

FREE COFFEE

Monday - Friday 5 - 9 AM in the Lobby.

FREE BLOOD PRESSURE CHECKS

8 - 10 AM

1st Monday of each Month in the Lobby.

AQUATICS CLASSES

Please check the Aquatics schedule or website.

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!







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.