AOA Group Exercise Schedule November 28- December 30, 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	8:30 AM (55) **RESTORATIVE YOGA** YOGA STUDIO		9:05 AM (55) **RESTORATIVE YOGA** YOGA STUDIO			
	9 AM (45) **SILVER SNEAKERS CLASSIC** GYM	9:15 AM (45) **SILVER SNEAKERS CARDIO CIRCUIT** STUDIO A	9 AM (45) **SILVER SNEAKERS CLASSIC** GYM	9:15 AM (45) **SILVER SNEAKERS CARDIO CIRCUIT** STUDIO A	9 AM (45) **SILVER SNEAKERS CLASSIC** GYM	
		10:15 AM (45) **SILVER SNEAKERS CARDIO CIRCUIT** STUDIO A	9:15 AM (45) **LES MILLS THRIVE™** STUDIO A	10:15 AM (45) **SILVER SNEAKERS CARDIO CIRCUIT** STUDIO A		
		10:30 AM (45) **ATHLETIC STRETCH** YOGA STUDIO	11:15 AM (30) **GUIDED MEDITATION** YOGA STUDIO	10:30 AM (30) **WARM ATHLETIC STRETCH** YOGA STUDIO	10:30 AM (45) **LES MILLS THRIVE™** STUDIO C	9:15 AM (45) **LES MILLS THRIVE™** STUDIO A
		11:15 AM (45) **CHAIR YOGA** STUDIO A		11:15 AM (45) **CHAIR YOGA** STUDIO A	10:30 AM (45) **CHAIR YOGA** STUDIO A	10:15 AM (45) **ATHLETIC STRETCH** YOGA STUDIO
4:30 PM (45) **GUIDED MEDITATION** YOGA STUDIO	4:15 PM (60) **TAI CHI** STUDIO A		1:00 PM (60) **TAI CHI** STUDIO A	2:00 PM (60) **WALK-N-TALK** TRACK	**MORE INFORMATION ON BACK SIDE**	

the YMCA

DUNIGAN FAMILY YMCA

GROUP EXERCISE

ACTIVE OLDER ADULT CLASS SCHEDULE



DUNIGAN FAMILY YMCA

GROUP EXERCISE

ACTIVE OLDER ADULT CLASS SCHEDULE

GROUP EXERCISE

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

SILVER SOCIAL HOUR

This involves a rotating activity list that includes games, bubble study, book club, trivia, and coffee.







FREE BLOOD PRESSURE CHECKS

8-10 AM 3rd Monday of each month in the Lobby.

FREE COFFEE

Monday - Friday 5-10 AM in the Lobby.

SENIOR BASKETBALL

Monday & Thursday 10 AM-12 PM in the Gym.

WALK-N-TALK

2 PM Thursdays on the Track with Cancer Pathways Midwest.

AQUATICS CLASSES

Please check the Aquatics schedule.

PICKLEBALL

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

CHECK THE SCHEDULE

Scan the QR code to see 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.

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: Les Mills THRIVE offers three options of intensity to help members of all activity levels feel successful.
MIDDLE: Chair Yoga is a great way to get a full body stretch while using the chair for support and stability.
BOTTOM: Friendships and connections are one of the BEST parts about our Silver Sneakers classes. Meet new people, make new friends and stay healthy together!