

WARM HEARTS, ACTIVE MINDS



Active Senior Schedule

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Group Exercise Classes

Monday	Tuesday	Wednesday	Thursday	Friday
9-9:45am Boogie Boot Camp-Gym	9-10am Drums Alive Diana-Gym	9-10am Circuit Central Julie-Gym		9-10am Cardio Progression Julie-Gym
10-11am SilverSneakers Classic-Gym		10-11am SilverSneakers Classic-Gym		10-11am SilverSneakers Classic-Gym

Pool Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
Water Aerobics 8-9am	Water Aerobics 8-9am	Water Aerobics 8-9am		
Fit and Tone 9-10 am	Aqua ZUMBA 9:15-10am	Fit and Tone 9-10 am	Fit and Tone 9-10 am	
Water Aerobics 10-11am	Aqua Strength N' Stretch 11:30am – 12:30pm	Water Aerobics 10-11am	Aqua Strength N' Stretch 11:30am – 12:30pm	
Aquacise 4-5pm	Aquacise 4-5pm			
Water Aerobics 5-6pm				

* Class descriptions on back

Group Exercise Class Descriptions

Drums Alive: This class captures the essence of movement and rhythm utilizing drum sticks and stability balls. Not only is this class a blast but it delivers real fitness results!

Silver Sneakers Classic: Have fun and move to the music through a variety of exercise designed to increase muscular strength, range of movement, agility, balance and coordination. Participants will improve their functional activities for daily living, physical fitness level and sense of well-being.

Circuit Central: A class for beginners, designed to improve the cardiovascular system and increase muscular endurance as well as agility, balance and coordination. Hand-held weights, elastic tubing with handles and a ball are alternated with non-impact aerobic choreography. A chair is offered for support, stretching, and relaxation.

Boogie Boot Camp: Great class for beginners and progressing Seniors. A fun way to start your day with a focus on interval exercises and total body weight training.



Pool Class Descriptions

Aquacise: Instructors choice, could be any of the three classes Water Aerobic, Aqua Arthritis or Fit and Tone. Choice made depending on participants fitness levels.

Aqua ZUMBA- This effective unique and fun workout combines Latin and international music to create an aerobic interval routine using fast and slow rhythms in the water.

Fit and Tone: A class designed to improve muscle strength and tone using water weights, noodles and other aqua equipment. This class is for persons at any fitness level and is a good complement when taken in conjunction with the aqua aerobic class.

Water Aerobics: A total body workout using a variety of quicker paced toning exercises. This class is for persons at any fitness level and includes warm-up, stretching and cool down exercises. This is a great cardiovascular workout.

EASTERN LYCOMING YMCA

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