



## **Older Americans Month**

**May is Older Americans Month and the Itasca County Family YMCA is celebrating! The week of May 21-25, community members that are 50+ years can come and try a group fitness class from the following classes:**

### **LAND CLASSES**

**Monday/Wednesday/Friday 10:15am Cardio Lift**

**Monday/Wednesday/Friday 11:15am SilverSneakers® Classic**

**Tuesday 11:15am Chair Yoga**

**Thursday 11:15am Balance Tai Chi**

**Wednesday 10:15am Leisure Indoor Cycle**

### **WATER CLASSES**

**Monday-Friday 8:30am Water Exercise**

**Monday/Wednesday/Friday 9:30am Rusty Hinges®**

**Monday/Wednesday/Friday 1:00pm SilverSneakers® Splash**



**Photo Id required when checking in at the Y Membership desk**