













**Classes for Active Seniors, Beginners, Injury Rehab & LIVESTRONG
Labor Day – Memorial Day**

STUDIO CLASSES

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:15-11:00 Cardio Lift	10:15-11:00 Flexible Strength	10:15-11:00 Cardio Lift	10:15-11:00 Flexible Strength	10:15-11:00 Cardio Lift	
	9:30-10:00 AOA TRX				
 11:15-12:00 CLASSIC®	 11:15-12:00 YOGA®	 11:15-12:00 CLASSIC®	11:10-11:55 TAI CHI for Balance	 11:15-12:00 CIRCUIT®	

WATER CLASSES

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30-9:30 Water Aerobics	8:30-9:30 Water Aerobics	8:30-9:30 Water Aerobics	8:30-9:30 Water Aerobics	 8:30-9:30 Aqua ZUMBA®	9:00-10:00 Water Aerobics
 9:30-10:30 Arthritis Fdn RUSTY HINGES		 9:30-10:30 Arthritis Fdn RUSTY HINGES		 9:30-10:30 Arthritis Fdn RUSTY HINGES	
11:00-1:00 Senior/Lap Swim	11:00-1:00 Senior/Lap Swim	11:00-1:00 Senior/Lap Swim	11:00-1:00 Senior/Lap Swim	11:00-1:00 Senior/Lap Swim	
 1:00-2:00 Splash		 1:00-2:00 Splash		 1:00-2:00 Splash	
	 5:20-6:20 Aqua ZUMBA®	4:00-5:00 Deep Water H2O	5:30-6:30 Water Tabata		

Itasca Co. Family YMCA 400 River Road Grand Rapids, MN 327-1161

AOA TRX - This TRX class is specific for Active Older Adults and primary focus is on flexibility, mobility and a little strength using TRX straps.

Cardio Lift - A 20 minutes low impact cardio & 35 minutes of strength training in a group setting. Great for all levels.

SilverSneakers® - Classic Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance, and a chair is used for seated and/or standing support

SilverSneakers® - Circuit Combine fun and fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength work using hand-held weights, elastic tubing with handles, and a ball is alternated with non-impact aerobic choreography. A chair is offered for support, head-to-toe stretching, and complete relaxation in a comfortable position.

SilverSneakers® - Splash is a universal class designed to increase cardiovascular endurance, agility, strength and balance in an aqua environment.

SilverSneakers® Yoga - This class will move your body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of motion. Breathing exercises and final relaxation will promote stress reduction and mental clarity.

Tai Chi for Balance - helps older adults improve their balance and reduce the likelihood of falling. Research has found that people who attend this class are half as likely to fall and are less fearful about falling.

Flexible Strength - This class works on strength, balance and flexibility. Great for seniors, beginners and injury rehab members. This class uses a chair.

H2OX - Exercise using the resistance of the water for strength and buoyancy for minimum joint stress.

Deep- High Intensity Interval Training in the deep end of the pool. Possibly no music/sharing pool w/PAC

Arthritis Foundation Rusty Hinges - This class provides a gentle workout for people with Arthritis, MS or other mobility limitations. This class was developed in cooperation with the Arthritis Foundation and the National Multiple Sclerosis Society.

AQUA ZUMBA® - Those looking to make a splash by adding a low-impact, high-energy aquatic exercise to their fitness routine with energizing music. Just add water and shake!

Exercise Classes are FREE to Y Members.

Community Members may purchase a 10-visit punch card for the classes for \$50.

