

March Active Older Adult Schedule | Bremerton Family YMCA

	MON	TUE	WED	THU	FRI	SAT	SUN
7am	Shallow Water Aerobics Patrick L.B. 7am - 8am		Shallow Water Aerobics Patrick L.B. 7am - 8am		Shallow Water Aerobics Patrick L.B. 7am - 8am		
8am	Senior Coffee YMCA Staff 8am - 8:30am		Senior Coffee YMCA Staff 8am - 8:30am	Yin Yoga Katie R 8:30 - 9:30am	Senior Coffee YMCA Staff 8am - 8:30am		
	Shallow Water Aerobics Patrick L.B. 8:15am - 9:15am	Shallow Water Aerobics Chris D. 8:30am - 9:30am	Shallow Water Aerobics Patrick L.B. 8:15am - 9:15am	Shallow Water Aerobics Chris D. 8:30am - 9:30am	Shallow Water Aerobics Patrick L.B. 8:30am - 9:30am		
	ZUMBA® Gold Arleen A. 8:45am - 9:30am	Core and More Anita A. 8:45am - 9:35am	ZUMBA® Gold YMCA Staff 8:45am - 9:30am	Core and More Anita A. 8:45am - 9:35am	ZUMBA® Gold Erin R. 8:45am - 9:30am		
9am	Yin Yoga Shelley R. 9:45am - 10:45am	Low Impact Cardio Leslie B. 9:45am - 10:30am	Bingo Dianna G. 9:45am - 10:30am	Low Impact Cardio Leslie B. 9:45am - 10:30am	Chair Yoga Shelley R. 9:45am - 10:45am		
	Aqua Dance YMCA Staff 9:45am-10:45am		Aqua Dance YMCA Staff 9:45am-10:45am				
10am	Adult Watercoloring Class* 10am - 11am	ZUMBA® Sentao Arleen/Marlyn 10:45am-11:30am	Chair Yoga Dianna G. 10:45am - 11:45am	ZUMBA® Sentao Arleen/Marlyn 10:45am-11:30am			
		Book Club Dianna G. 10:45-11:45am		Tai Chi Sandy C. 10:45am-11:45am			
11am	Tai Chi Sandy C. 10:45am-11:45am						
12pm		Senior Strength Dianna G. 12:10pm - 1pm	Senior Activities Dianna G. 12pm-1pm	Senior Strength Dianna G. 12:10pm - 1pm			
1pm	Modified Water Aerobics YMCA Staff 1:15pm - 2pm		Modified Water Aerobics Dianna G. 1:15pm - 2pm		Modified Water Aerobics YMCA Staff 1:15pm - 2pm		

Please note that all classes are subject to change due to demand and participation. It is recommended that you consult your physician prior to starting any exercise program.

1st | Potluck - Bring a dish to share and enjoy having a meal with new and old friends.

2nd | Game day - Play a variety of board games to sharpen and strengthen your memory.

3rd | Show and tell – Share a skill, knowledge or special talent you have and learn something new about your potential and fellow members.

4th | Healthy Living Day - Each month our focus will be on practical learning an easy format to pick up new tips and tools to live a healthier life.

Bingo

Come and have some fun playing Bingo

Chair Yoga

Develop strength, flexibility, balance, and restoration with the stability of a chair. Class offers the benefits of yoga through a safely guided practice.

Core and More

Improve posture and physical function for a healthy lifestyle, as we focus on strengthening exercises for abdominal and back muscles.

Low Impact Cardio

Minimize muscular and joint stress while improving muscular endurance in this low impact class.

Martial Arts - Tai Chi

Tai Chi generates and circulates vital energy around the body by following certain principles of movement, posture and breathing.

Modified Water Fitness

Designed to increase your overall physical fitness, this class increases muscular strength and endurance along with increasing your flexibility. For Active Older Adult members.

Senior Coffee

Fellowship with friends, sip some coffee and have a great start to your YMCA day.

Senior Strength

Weight training and strength training for Active Older Adult members.

Shallow Water Fitness

Designed to increase your overall physical fitness, this class increases muscular strength and endurance along with increasing your flexibility.

Yoga - Yin

Build strength, flexibility and balance through bodily postures, breathing techniques, and meditation.

Zumba Sentao®

Zumba Sentao® combines strength and resistance training with innovative dance moves, using a chair as your dance partner.

Zumba® Gold

Exciting Latin inspired dance rhythms created in the original Zumba® class modified for the active older adult, beginner, or anyone needing modifications for a successful class. Includes chair workouts.