

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 Low Impact Senior Strength GYM 10-10:45am Coffee and Games 10:30am-12:30pm CR Tai Chi, SMB 11am-12pm Zumba Gold MPR1 11am-12pm Enhance Fitness MPR1 12:15-1:15pm Chair Yoga 1 SMB 2-3pm</p>	<p>3 Low Impact Cardio GYM 9:45-10:30am Tai Chi SMB 11am-12:15pm Chair Yoga 2 SMB 12:30-1:30pm</p>	<p>4 Senior Birthday 11am Low Impact Senior Strength GYM 10-10:45am Coffee Hour and Knit Fit 10:30am-12:30pm CR Enhance Fitness MPR1 12:15-1:15 Low Impact Cardio MPR2 4:30-5:15 Chair Yoga 2 SMB 3-4pm</p>	<p>5 Functional Fitness QueenAx Corner 9:00-9:45am, also Sun 5-5:45pm Low Impact Cardio GYM 9:45-10:30am Zumba Gold MPR2 11-12:00pm Tai Chi SMB 11-12:15pm Chair Yoga 1 SMB 12:30-1:30pm</p>	<p>6 Low Impact Senior Strength GYM 10-10:45am Coffee and Games 10:30am-12:30pm CR Tai Chi, SMB 11:30am-12:30pm Zumba Gold MPR1 11am-12pm Enhance Fitness MPR1 12:15-1:15pm</p>
<p>9 Readers Forum 2nd Monday Conference Rm 10-11am Low Impact Senior Strength GYM 10-10:45am Coffee and Games 10:30am-12:30pm CR Tai Chi, SMB 11am-12pm Zumba Gold MPR1 11am-12pm Enhance Fitness MPR1 12:15-1:15pm Chair Yoga 1 SMB 2-3pm</p>	<p>10 Low Impact Cardio GYM 9:45-10:30am Tai Chi SMB 11am-12:15pm Chair Yoga 2 SMB 12:30-1:30pm</p>	<p>11 Low Impact Senior Strength GYM 10-10:45am Coffee Hour and Knit Fit 10:30am-12:30pm CR Enhance Fitness MPR1 12:15-1:15 Low Impact Cardio MPR2 4:30-5:15 Chair Yoga 2 SMB 3-4pm</p>	<p>12 Functional Fitness QueenAx Corner 9:00-9:45am, also Sun 5-5:45pm Low Impact Cardio GYM 9:45-10:30am Zumba Gold MPR2 11-12:00pm Tai Chi SMB 11-12:15pm Chair Yoga 1 SMB 12:30-1:30pm Making Change Stick 12:30-2pm</p>	<p>13 Low Impact Senior Strength GYM 10-10:45am Coffee and Games 10:30am-12:30pm CR Tai Chi, SMB 11:30am-12:30pm Zumba Gold MPR1 11am-12pm Enhance Fitness MPR1 12:15-1:15pm</p>
<p>16 Low Impact Senior Strength GYM 10-10:45am Coffee and Games 10:30am-12:30pm CR Tai Chi, SMB 11am-12pm Zumba Gold MPR1 11am-12pm Enhance Fitness MPR1 12:15-1:15pm Chair Yoga 1 SMB 2-3pm Making Change Stick 5:30-7pm</p>	<p>17 Low Impact Cardio GYM 9:45-10:30am Tai Chi SMB 11am-12:15pm Chair Yoga 2 SMB 12:30-1:30pm</p>	<p>18 Low Impact Senior Strength GYM 10-10:45am Coffee Hour and Knit Fit 10:30-12:30pm CR Senior Potluck 11am Enhance Fitness MPR1 12:15-1:15 Low Impact Cardio MPR2 4:30-5:15 Chair Yoga 2 SMB 3-4pm</p>	<p>19 Functional Fitness QueenAx Corner 9:00-9:45am, also Sun 5-5:45pm Low Impact Cardio GYM 9:45-10:30am Zumba Gold MPR2 11-12:00pm Tai Chi SMB 11-12:15pm Chair Yoga 1 SMB 12:30-1:30pm</p>	<p>20 Low Impact Senior Strength GYM 10-10:45am Coffee and Games 10:30am-12:30pm CR Tai Chi, SMB 11:30am-12:30pm Zumba Gold MPR1 11am-12pm Enhance Fitness MPR1 12:15-1:15pm</p>
<p>23/30 Low Impact Senior Strength GYM 10-10:45am Coffee and Games 10:30am-12:30pm CR Tai Chi, SMB 11am-12pm Zumba Gold MPR1 11am-12pm Enhance Fitness MPR1 12:15-1:15pm Chair Yoga 1 SMB 2-3pm</p>	<p>24/31 Low Impact Cardio GYM 9:45-10:30am Tai Chi SMB 11am-12:15pm Chair Yoga 2 SMB 12:30-1:30pm</p>	<p>25 Low Impact Senior Strength GYM 10-10:45am Coffee Hour and Knit Fit 10:30am-12:30pm CR Enhance Fitness MPR1 12:15-1:15 Low Impact Cardio MPR2 4:30-5:15 Chair Yoga 2 SMB 3-4pm CPR (\$) 5-6pm</p>	<p>26 Functional Fitness QueenAx Corner 9:00-9:45am, also Sun 5-5:45pm Low Impact Cardio GYM 9:45-10:30am Zumba Gold MPR2 11-12pm Tai Chi SMB 11-12:15pm Chair Yoga 1 SMB 12:30-1:30pm</p>	<p>27 Low Impact Senior Strength GYM 10-10:45am Coffee and Games 10:30am-12:30pm CR Tai Chi, SMB 11:30am-12:30pm Zumba Gold MPR1 11am-12pm Enhance Fitness MPR1 12:15-1:15pm</p>

March Events and News

Fall Prevention Workshop:

Making Change Stick
 March 12, 12:30-2pm
 March 16, 5:30-7pm

Hike for a Cause:
 Annual Campaign fundraiser at Clear Creek Trails, 11am-2pm

CPR/First Aid Class
 March 25, 5-6pm

Functional Fitness class—Sundays!
 5-5:45pm

Water Fitness for AOA
 See Aquatics Schedule

For more information check with the HFY Welcome Center or our website ymcapkc.org

See you soon!

Low Impact Senior Strength: Move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. A chair is optional for support.

Enhance Fitness: Enhance Fitness is an evidence-based group exercise program that uses simple, easy-to-learn movements that motivate individuals, particularly those with arthritis or new to exercise to ensure a lifetime of strength, balance, and flexibility.

Low Impact Cardio: An easy to follow cardio class that is low impact on joints but full of energy and builds endurance. Suitable for beginners as well as the active participant.

Chair Yoga: A traditional Yoga practice using a chair for posture alignment and balance. Ideal for individuals with decreased range of motion or limited mobility. Chair Yoga 1—mostly seated, Chair Yoga 2—seated & standing options.

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

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.

Functional Fitness: For adults looking to stay strong and improve balance utilizing the QueenAx system. Thu and Sun classes.

AOA TRIPS: Usually held monthly to nearby locations for little or no cost to member using our YMCA bus. Register at welcome center.

Reader's Forum Book Club: 2nd Monday of each month. Meet others, discuss the group's recent choice, and gather ideas for your own to-read list. All members welcome!

COFFEE HOUR, MONDAYS WEDNESDAYS, FRIDAYS

10:30am—12:30pm in the Community Room*. Come enjoy great conversation and great laughs with great friends. Our Coffee Hour allows you time to unwind and connect with others! Enjoy birthday cake on the 1st Wednesday of the month. Potluck lunch, 3rd Wednesday of each month, bring a favorite dish to share with friends! Coffee and tea provided.

Games & Coffee: Have fun playing cards, casual Bridge, Dominoes or other games. No experience required! New players welcome!

Knit Fit 11:00am: Beginner to expert knitters/crocheters/needle workers! Learn with friends as you create new projects. "Show & Tell" on 1st Wednesday of each month. All ages welcome!

Room names: SMB= Spirit, Mind Body Room, MPR1=Multi Purpose Room 1, MPR2=Multi Purpose Room 2

Upcoming Programs:

Hike for the Cause: 11am–2pm at Clear Creek Trails: Contact Dave Tuma, Member Engagement Director, for more information.

Fall Prevention Workshop: More information to come

CPR & First Aid: Members \$50, register online or Welcome Center. Next class March 25, 5–6pm

Making Change Stick: Members Free. Register online or Welcome Center. Next class March 12, 12:30–2pm or March 16, 5:30–7pm