



# SOUTH TAMPA FAMILY YMCA

## JANUARY Active Older Adults Classes are 55 minutes unless otherwise specified.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>7am</b>	Functional Fitness Jeannette <small>LS</small>		Functional Fitness Jeannette <small>LS</small>		Functional Fitness Jeannette <small>LS</small>		
<b>8am</b>	Hi / Low Jeannette <small>LS</small>		Hi / Low Jeannette <small>LS</small>				
<b>9am</b>	Gentle Yoga Jeannette <small>LS</small>						
<b>10:15am</b>			Golden Spin Carol			Begin to Spin (30 min.) Mary Lou	
<b>10:30am</b>	Golden Spin Jon						
<b>11:15am</b>	Silver Sneakers Cardio Laurel	Silver Sneakers Classic Laurel	Silver Sneakers Circuit Laurel	Silver Sneakers Classic Shari	Silver Sneakers Cardio Holly		
<b>12:15pm</b>	ZUMBA G (45 min.) Jeannette <small>LS</small>	Silver Sneakers Yoga (chair based) Laurel	Gentle Yoga (45 min.) Jeannette <small>LS</small>	Silver Sneakers Yoga (chair based) Shari	Stretch to Flexibility (45 min.) Jeannette <small>LS</small>		
<b>2:15pm</b>		Restorative Yoga Yvette <small>LS</small>					

## JANUARY Aquatics Classes are 55 minutes unless otherwise specified.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>8am</b>							
<b>11:15am</b>	Water Aerobics Jeannette <small>LS</small>	Silver Sneakers Splash Jeannette <small>LS</small>	Water Aerobics Jeannette <small>LS</small>	Silver Sneakers Splash Jeannette <small>LS</small>	Water Aerobics Jeannette <small>LS</small>		
<b>12pm</b>							
<b>5:15pm</b>		Water Aerobics Jeannette <small>LS</small>		Water Aerobics Jeannette <small>LS</small>			
<b>6:00pm</b>							

# Class Descriptions

## ACTIVE OLDER ADULTS (AOA)

**Functional Fitness** – Total body workout using various types of equipment to improve cardiovascular conditioning, muscular endurance and balance.

**SilverSneakers Classic** – Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a SilverSneakers ball are offered for resistance. A chair is available if needed for seated or standing support.

**SilverSneakers Circuit** – Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength work with hand-held weights, elastic tubing with handles, and a SilverSneakers ball is alternated with low-impact aerobic choreography. A chair is used for standing support, stretching, and relaxation exercises.

**SilverSneakers Cardio** – Get Up & Go with an aerobics class that's safe, heart-healthy and gentle on the joints. The workout includes easy-to-follow low-impact movement, and upper-body strength, abdominal conditioning, stretching and relaxation exercises designed to energize your active lifestyle.

**SilverSneakers Yoga** – SilverSneakers Yoga will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

**SilverSneakers Splash** – Activate your urge for variety! Splash offers fun, shallow-water movement to improve agility and flexibility while addressing cardiovascular, strength and endurance conditioning. No swimming ability is required and a SilverSneakers kickboard or other aquatic equipment is used to improve strength, balance and coordination.

**Zumba G** – Introductory level dance class incorporating Zumba, country line dance, and other dance formats. Great for beginners or those with physical limitations, but open to all levels and ages.

**Stretch to Flexibility** – This stretch class uses techniques that release excess tension while strengthening postural muscles that hold the body in balance. It corrects pain-causing habits, such as slouching, aids recovery from injury, and sharpens recreational and work performance.

## WATER FITNESS

**Water Aerobics** – A refreshing pool workout that tones the whole body using water as resistance; excellent for arthritis, pre-natal, post-natal or orthopedic limitations; benefits include less stress to the bones and joints. All ages are welcome.

**Aqua Jogging** – Deep water exercise using a jogging belt, no need to be a swimmer for this workout. This is a workout for first timers, and those who have been working out for years – YOU set the intensity level for yourself!

**Yoqua** – Enjoy the experience of yoga in the warmth of the water. No need for fancy equipment in this class, all movements take place in the shallow end of the pool.

## CARDIO

**Hi/Low** – Traditional Aerobic workout that includes cardiovascular, strength and flexibility components for total body conditioning.

**Zumba®** – Ditch the workout! Join the party! Zumba® fuses hypnotic Latin rhythms & easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away!

## SPIRIT, MIND & BODY

**Gentle Yoga** – A rejuvenating, relaxing workout using diaphragmatic breathing techniques with fluid movements of yoga postures.

**SilverSneakers YOGAStretch®** – Yoga Stretch 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 movement.