



Young At Heart ♥ Active Older Adults YMCA Camp Cristina

June 1st-14th

813-677-8400

Monday	9am to 10am MSROM---Holly 10:15am to 11am Yoga Stretch-----Holly (Chair Yoga)-----June 7 th & 14 th
Tuesday	9am to 10am MSROM----Josette 10:15am to 11:15am Zumba Gold -----Sharon
Wednesday	9:30am. 10:30am CARDIO---Holly 10:30am to 11:15am Yoga Stretch----Holly (Chair Yoga)
Thursday	9am to 10am MSROM/ CARDIO---Emily 10:15am to 12:00noon Celebrating Birthdays 06/10/10, Seminar –06/24/10
Friday	11am to 12noon Silver Splash / Wellness through water—Sharon/Josette

MSROM – Muscular Strength & Range of Movement

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.

Cardio 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.

Chair Yoga Chair 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 postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and a final relaxation will promote stress reduction and mental clarity.

Zumba Gold Total body workout designed for the Young at Heart set & those who want to take it a little slower! Fun and easy dance workout.

Silver Splash Class The Silver Sneaker version of water aerobics! Equipment includes splash boards. Options for all fitness levels!

Wellness through Water Designed for those with special movement needs such as arthritis, fibromyalgia, MS & other joint issues.