

Grand Island YMCA Group Fitness Schedule Senior Friendly Classes

MORNING				
MON	TUE	WED	THU	FRI
Shallow Water Fitness 8:00 - 9:00 am Pool	Shallow Water Fitness 8:00 - 9:00 am Pool	Shallow Water Fitness 8:00 - 9:00 am Pool	Shallow Water Fitness 8:00 - 9:00 am Pool	Shallow Water Fitness 8:00 - 9:00 am Pool
SilverSneakers Classic 9:30-10:15 am South Gym	SilverSneakers Yoga 9:30-10:15 am South Gym	SilverSneakers Stability/Balance 9:45-10:30 am South Gym	SilverSneakers Yoga 9:30-10:15 am South Gym	SilverSneakers Yoga 9:30-10:15 am South Gym
	SilverSneakers Stability/Balance 9:45-10:30 am Aerobics Room			
	SilverSneakers Weights for Women 10:30 - 11:00 am Aerobics Room	SilverSneakers Weights for Women 10:30-11:00 am South Gym		
Arthritis Foundation Aquatic Class 10:30-11:30 am Pool	Arthritis Foundation Aquatic Class 10:30-11:30 am Pool	Arthritis Foundation Aquatic Class 10:30-11:30 am Pool	Arthritis Foundation Aquatic Class 10:30-11:30 am Pool	Arthritis Foundation Aquatic Class 10:30-11:30 am Pool

MIDDAY				
	Rock Steady Boxing 11am-12 pm Aerobics Room	Rock Steady Boxing 11am-12 pm Aerobics Room		
Zumba Gold 11 am-12 pm Aerobics Room	Zumba Gold 11 am-12 pm Aerobics Room	Zumba Gold 11 am-12 pm South Gym		

EVENING				
Water Fitness 7:00-8:00 pm Pool			Water Fitness 7:00-8:00 pm Pool	

Fun & Fitness – Senior Style

Sports

Pickleball

What is Pickleball? Pickleball is the fastest growing sport in the nation! This sport is easy on the body, great for social interaction, and fun to play! Drop in for a game Monday thru Friday from 1:30 - 3:30

Racquetball

Bring your racquet or borrow one of ours. Racquetball courts are open all the hours we are open.

Master Swim

The Grand Island YMCA Masters Swim Team is open to all adults 19 and older who can swim one length of the pool without aid. Members range from those who want to swim to stay fit to those who want to compete in swimming events and triathlons. Please contact Melanie at 395-9622 for more information.

Health

Older adults with a fulfilling **social life** tend to be physically, cognitively and emotionally healthier than seniors who are alone. Add **volunteering** into the mix, and seniors may experience a greater sense of well-being and less depression. Get both at the Y! Ask us about social and volunteer opportunities.

Fitness

SilverSneakers® Yoga

Chair support is offered so you can perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement. This class is suitable for nearly every fitness level.

SilverSneakers Classic

Designed to increase muscle strength, range of movement and improve activities for daily living. A chair is used for support and movements can be modified for all fitness levels.

SilverSneakers Stability

Stability is designed to help you become stronger and improve your balance. Take Level 1 first to learn the exercises, then move to Level 2 after a quick assessment by the instructor.

Zumba Gold

Zumba Gold lets you move to the beat at your own speed. It is a total-body wellness program that feels like a party while it revitalizes your mind and body.

Fitness Classes

We offer many other fitness classes. Let the instructor know if you are new to the type of exercise and they will help you with modification. Check out the class schedule on the website or the app.

Find out more on our
website,
www.giymca.org.

Follow us on Facebook,
Instagram, Twitter

Download the app:
"Daxko". Then search for
Grand Island YMCA.