

YOLDER ADULTS™

We build strong kids, strong families, strong communities.

SilverSneakers TRADITIONAL PROGRAM

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of motion 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. **This class is FREE for SilverSneakers Members!**

Fees:	Member: \$19	Other: \$44
Greenville	Tue/Thu	11:00-11:45 am
Instructor: Karyl Woolery		
Versailles	Tue/Fri	12:30-1:15 pm
Instructor: Karyl Woolery		

SilverSneakers CARDIO CIRCUIT - NEW!

Cardio Circuit is an advanced class for participants who desire and are ready for a SilverSneakers "cardio" workout. This class includes more standing non-impact activities designed to increase cardiovascular and muscular endurance alternated with standing upper body conditioning and coordination work with hand-held weights, elastic tubing with handles and the SilverSneakers ball. Chair exercises will be included for cool-down, additional flexibility and relaxation techniques. **This class is FREE for SilverSneakers Members!**

Fees:	Member: \$19	Other: \$44
Greenville	Mon/Thu	12:00-12:45 am
Instructor: Karyl Woolery		

SilverSneakers YOGASTRETCH

YogaStretch will teach a blend of three Yoga styles to create a harmony of movement for the whole body. YogaStretch is taught from a seated and standing position to enhance the flow and energy created in combination with restorative breathing exercises. This class offers a variety of safe and effective options designed to increase flexibility and balance! **This class is FREE for SilverSneakers Members!**

Fees:	Member: \$19	Other: \$44
Greenville	Mon/Fri	11:00-11:45 am
Instructor: Karyl Woolery		

SilverSneakers SILVERSPLASH

SilverSplash offers LOTS of fun and shallow water moves to improve agility, flexibility and cardiovascular endurance. No swimming ability is required. Water equipment will be used to develop strength, balance and coordination. **This class is FREE for SilverSneakers Members!**

Fees:	Member: \$17	Other: \$44
Greenville	Tue/Thu	12:30-1:15 pm
Instructor: Ruth Macklin		

LETS GET MOVING - NEW!

Are you new to the YMCA and just need to get moving? This class will develop and/or increase flexibility, range of motion, balance and stability, reduce falls and make daily activities easier. Majority of this class will be done in a chair.

Fees:	Member: \$18	Other: \$40
Greenville	Tue/Thu	2:00-2:45 pm
Instructor: Ruth Macklin		

ZUMBA LITE - NEW!

Zumba is a fusion of Latin dance themes creating an exciting, effective fitness program! Zumba Lite is specifically designed for the beginner or active older adults. It is all the fun of Zumba with "easy on the body" moves.

Fees:	Member: \$18	Other: \$40
Greenville	Tue/Thu	11:30 am-12:00 pm
Instructor: Cass Flory		

Fees:	Member: \$15	Other: \$34
Versailles	Tuesday	8:00-8:45 am
Instructor: Sharon Kramer		

Reminder SilverSneakers Monthly Luncheon:
We have a carry-in lunch with blood pressure and sugar screenings as well as a guest speaker the 2nd Thursday of each month! Be sure to bring your recipes to share.