



LIVE HEALTHIER. BE HAPPIER.

Active Older Adult (AOA) Group Exercise Schedule Effective November 1

Updated: 11/19/2018

MONDAY

8:30 am	Deep Water Exercise - Andrea	Shadowbend	Pool
10:45 am	Seniorcize - Lori	Shadowbend	Gym
10:45 am	SilverSneakers® Classic-Olga	Branch Crossing	Studio 1

TUESDAY

7:30 am	Shallow Water Exercise (AOA) - Sue	Shadowbend	Pool
8:30 am	Shallow Water Exercise- Dee	Shadowbend	Pool
10:45 am	Active Older Adult Strength - Olga	Shadowbend	Gym
12:15 pm	SilverSneakers® Classic - Melissa	Shadowbend	Studio C
10:40 am	Line Dance - Melissa S.	Branch Crossing	Studio 1
11:45 am	SilverSneakers® Yoga - Diane	Branch Crossing	Studio 1

WEDNESDAY

8:30 am	Deep water - Andrea	Shadowbend	Pool
10:45 am	AOA Cardio Seniorcize - Lori	Shadowbend	Gym
12:15 pm	AOA Pilates (Balance and Fall Prevention) - Diane	Shadowbend	Studio C
10:45 am	SilverSneakers® Classic- Olga	Branch Crossing	Studio 1

THURSDAY

7:30 am	Shallow Water Exercise (AOA) - Lorna	Shadowbend	Pool
8:30 am	Shallow Water - Dee	Shadowbend	Pool
10:45 am	Yoga (Beginner/Senior) - Keris	Shadowbend	Studio C
10:45 am	BOOM® Muscle - Diane	Shadowbend	Gym
12:00 pm	Silver Sneakers Classic® - Diane	Shadowbend	Studio C
10:45 am	Active Older Adult Strength - Olga	Branch Crossing	Studio 1

FRIDAY

8:30 am	Deep Water Exercise - Andrea	Shadowbend	Pool
8:30am	BOOM® Muscle - Lori	Shadowbend	Studio C
10:45 am	AOA Cardio/line dancing- Amanda/Melissa S.	Shadowbend	Studio C
10:45 am	SilverSneakers® Classic-Olga	Branch Crossing	Studio 1



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Active Older Adult (AOA) and Senior Group Exercise Schedule

Active Older Adults Cardio: A fun cardio class that shapes and tones while burning calories.

Active Older Adult Strength: Condition your entire body in one hour with dumbbells, barbells, resistance bands and balls.

AOA Pilates (Balance and Fall Prevention): Better posture, increased muscle strength, motor skills, agility, coordination and self-confidence form the basis of balance training. Safety is the #1 goal in this class.

BOOM® Muscle: This class incorporates athletic exercises that boost overall fitness. Move through muscle conditioning blocks and activity-specific drills to improve strength and functional skill.

Deep Water Exercise: Use flotation belts as you perform challenging, cardiovascular exercises in deep water.

Line Dance: A choreographed dance with a repeated sequence of steps in which a group of people dance in one or more lines or rows, all facing the same direction and moving at the same time.

Seniorcize: An overall workout at a comfortable pace. In addition to cardiovascular conditioning and toning, special emphasis on balance, joint range of motion and flexibility.

Shallow Water Exercise: Enjoy this low impact, traditional workout in shallow water.

SilverSneakers® Classic: Have fun and move with the music while increasing muscular strength and range of movement. Hand-held weights, tubing with handles and a ball are offered for resistance and a chair is used for seated and/or standing support.

SilverSneakers® Yoga: Get ready to move through a complete series of seated and standing yoga poses. Chair support is offered so you can perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercise and final relaxation will promote stress reduction and mental clarity.

Yoga (Senior/Beginner): Yoga builds a strong body, mind and spirit. This beginner class incorporates yoga postures, breathing exercises and a mind focus to improve balance, strength and flexibility.

THE WOODLANDS FAMILY YMCA

AT BRANCH CROSSING: 8100 Ashlane Way, The Woodlands

AT SHADOWBEND: 6145 Shadowbend Place, The Woodlands

281-367-9622 • ymcahouston.org/smc-shadowbend



YMCA Mission: To put Judeo-Christian principles into practice through programs that build healthy spirit, mind and body for all. Everyone is welcome.



Text YMCAHouston to 41411