



Hunterdon County YMCA

ACTIVE OLDER ADULT PROGRAM

APRIL 2019

LOCATION: 285 County Road 513, Glen Gardner, N.J. 08826

MONTHLY PROGRAMS

Weekly Programs

MONDAY

- 10:00AM CHAIR EXERCISE DVD
- 10:00AM SENIOR SHAPE-UP –INSTRUCTOR LED \$\$
- 11:15AM STRETCH FUSION INSTRUCTOR LED \$\$
- 11:00AM INDOOR WALKING (DVD LED)
- 10:00—1:00 PM BRIDGE CLUB
- 10:00—1:00PM MAH-JONG CLUB

TUESDAY

- 9:30AM ART CLASS INSTRUCTOR LED \$\$
- 9:30AM MINDFUL MOVEMENT (FLOOR/ MAT) -INSTRUCTOR LED\$\$
- 9:30AM CHAIR EXERCISE DVD
- 10:30AM MINDFUL MOVEMENTS (CHAIR) - INSTRUCTOR LED\$\$
- 11:00AM INDOOR WALKING CLASS (DVD LED)

WEDNESDAY

- 10:00AM WALKING CLUB (WEATHER PERMITTING)TWSP. PARK

THURSDAY

- 9:00AM STRETCH FUSION INSTRUCTOR LED \$\$
- 9:45 AM SILVER BELLES & BEAUS RETURN FEBRUARY 7TH
- 10:00AM CHAIR EXERCISE DVD
- 10:00AM SENIOR SHAPE UP—INSTRUCTOR LED \$\$
- 10:00—1:00PM DUPLICATE BRIDGE
- 11:00PM INDOOR WALKING CLASS DVD

FRIDAY

- 10:00AM WALKING CLUB (WEATHER PERMITTING)TWSP. PARK

*BLUE BOX INDICATES FITNESS PROGRAM LOW COST \$\$

*ORANGE BOX INDICATES ENRICHMENT OR SOCIAL PROGRAM

**FREE COMPUTER CLASS MUST SIGN UP
IPAD, LAPTOPS, SMARTPHONES 12:30PM THURS.**

APRIL 11, 2019

**ANY ONE INTERESTED IN TEACHING TWO VERY
ACTIVE EXERCISE CLASSES FOR SENIORS PLEASE
CALL 908-638-6515 FOR MORE INFO.**

**WE ARE IN NEED OF AN INSTRUCTOR FOR SHAPE
UP & STRETCH FUSION TILL ONE IS FOUND
PLEASE VISIT DEER PATH & ROUND VALLEY**



PHONE NUMBER—908-638-6515

EMAIL—bwolfmayer@hcymca.org

Please be advised all programs are subject to change. Summer hours may be different due to low enrollment in classes. If you have any questions please call 908-638-6515

FITNESS CLASS DESCRIPTIONS

Chair exercise - (Monday, Tuesday and Thursday) Chair exercises are a gentle way for seniors to build muscle strength and stay flexible following along with DVD. These simple slow-moving exercises can also improve balance, increase metabolism, relieve pain and improve mental alertness. Suitable for all physical fitness levels. Class Length 40 min. start time 10am

Senior Shape-Up – (Monday and Thursday) Designed specifically for active older adults. This class offers non-impact aerobics, strength with weights and bands and ends with a relaxing stretch. Class Length 45-60 min 10:00am

Stretch Fusion- Weekly (Monday) This program is designed to help you unwind, improve health, relieve tension and stress, helps to maintain and or build flexibility and helps increase energy levels. Suitable for all physical fitness levels. Class Length 45-60 min Start time 11:15 am

Stretch Fusion – (Thursday) This program is designed to help you unwind, improve health, relieve tension and stress, helps to maintain and or build flexibility and helps increase energy levels. Suitable for all physical fitness levels. 45-60 min. Start time 9:00am

Mindful Movements – (Floor Class and Chair Class) (Both classes are held on Tuesday). Focusing on strength, circulation and flexibility improvement. First class Mat class length 45-60 Start time 9:30am. Second class 45-60 min chair. Start time 10:30am

Walking club - Twice weekly (Wednesday and Friday) Walking club meets at **Lebanon Township Park** on the days that the center facility is not open. This group is both active and social. Walking club is suitable for varying levels of fitness capabilities. Start time

10:00am Class Length 60 min.

Indoor Walking Club – (Monday, Tuesday, and Thursday) A new addition to our fitness and activity schedule. Following a DVD Start 11am Class length 30-60 min.

This program allows seniors that are interested in doing simple walking to maintain their health and wellness in a supervised, climate controlled environment.

The above listed classes are offered on a year round basis. (Excluding walking club in poor weather)

