

YHEALTH & FITNESS™

We build strong kids, strong families, strong communities.

At the Louise Center you have numerous facility and class opportunities for **your** specific interest.

Swimming Pool – Lap Swimming
Fitness Classes
Arthritis Classes
Adult Rec Swim

Weight Room -
Machine weights, free weights, exercise bikes, treadmills, rowers, elliptical machines and stair climbers in an air-conditioned atmosphere. Weight levels and classes **pecially designed and taught** for older adults.

Classes –
Join an array of classes including martial arts, dance, aqua-classes, and yoga.

Massage –
Ask about a private massage scheduled to your time availability. Massage is provided in the locker room areas.

Private Facilities-
Both the Men's and Women's Locker rooms provide exercise areas, spa, sauna, and relaxation areas. Men's Locker Room provides table tennis and pool table as well.

Assistance with Fees

The YMCA believes in providing membership and programs to all that desire to participate. The YMCA's Financial Assistance Program, supported by donations, provides funds for those in proven need within the YMCA's available resources.

YMCA of Glendale

Mission

To put Christian principles into practice through programs that build healthy spirit, mind and body for all.

MEMBERSHIP DEPARTMENT PHONE EXTENSIONS

(818) 240-4130

Membership Dept.	x 18
Men's Massage	x 42
Women's Massage	x 27
Aquatics	x 45
Group Fitness	x 38

140 N. Louise Street
Glendale, CA 91206

Phone: 818-240-4130
Fax: 818-500-1737
Email: ymca@glenymca.org
Web: www.glendaleymca.org

YACTIVE OLDER ADULTS™

We build strong kids, strong families, strong communities.

Active Older Adults

2011 Class Schedule

Revision Date 4/15/2011



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ACTIVE OLDER **ADULT** OPPORTUNITIES

Join the fun in **Silver Sneakers**, a strengthening and conditioning exercise class for 65 plus.

YMCA Members - Free

Non-Members - Must be a Secure Horizons, Blue Shield California, Care 1st, Human, Anthem or Aetna member.

Silver Sneakers is . . .

- ◆ Designed specifically for the health and fitness needs of senior citizens
- ◆ A group exercise class focused on muscular strength conditioning for the entire body, improving function for daily living
- ◆ Teaches fun exercises for improving balance, posture, coordination, body awareness, weight transfer, agility, and flexibility.
- ◆ Taught by experienced, caring instructors who incorporate relaxation techniques.

Friends, Food & FUN

Tuesday is GAME DAY!

Join this lively bunch as they play various games, partake in a delicious potluck and spend the day laughing, talking and enjoying each other's company.

Tuesdays at 10:00 AM
Conference Room D Administration Bldg

Please Join The Fun !

STRENGTH TRAINING CLASSES

SilverSneakers® Cardio Circuit

Youth Fitness Center (YFC)

Monday: 1:00 to 1:45 pm
Wednesday: 11:15 to 12:00 pm

SilverSneakers® Yoga Stretch (YFC)

Monday: 11:00 am to 12:00 pm
Wednesday: 12:00 pm to 1:00 pm
Friday: 11:00 am to 12:00 pm

SilverSneakers® Muscular Strength & Movement (YFC)

Tuesday & Thursday 11:15 am - 12:00 pm
Friday 1:00 pm - 1:45 pm

Strength Training

Mon/Wed/Fri 10:15 am- 10:45 am
(*Weight Room*)

Tai Chi (Group Fitness Room; Mon. only: Studio B)

Mon/Tue/Wed/Fri 8:00 am - 9:00 am
Wednesday 5:30 pm - 6:30 pm

Balance/Fall Prevention (YFC)

Friday 10:00 am - 10:45 am
Mon/Tue/Thurs 9:00 am - 9:45 am

A.F.E.P – (Arthritis Foundation Exercise Program) designed specifically for people with arthritis, uses gentle activities to increase joint flexibility, range of motion and maintain muscle strength. (YFC)

Tues/Thurs 8:00 am to 9:00 am

Silver Sneakers Personal Fitness Assessment Available !

Contact: Cidinha Agamy (818) 240-4130, ext. 37

AQUATIC OPPORTUNITIES

AquaMotion - A water aerobics class in the shallow end of the pool followed by toning exercises with resistance equipment. Very low impact. No swimming ability needed.

Mon-Fri.
9:00 am - 9:55 am

Mon - Fri.
10:05 am - 11:00 am

Mon / Wed / Fri
6:30 pm - 7:30 pm

A.F.A.P. - (Arthritis Foundation Aquatic Program) Formerly known as Twinges in the Hinges, this aqua workout is designed to be gentle and safe with NO impact.

Mon / Wed / Fri
12:00 pm - 1:00 pm

Tues / Thurs
2:00 pm - 3:00 pm

SilverSplash® - develop strength, balance, coordination and improve agility & cardiovascular endurance in this shallow water fitness class. No swimming ability needed.

Tuesday:
10:05 am - 11:00 am

Workout At Your Own Pace !

Time is available for Adult Recreation Swim, Adult Lap Swim and Water Walking. Assistance is available upon request. Take a break in the spa, steam or sauna in the private locker rooms. Massage is available.