

# 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  
Aqua-Fit 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 **specially designed and taught** for older adults.

## **Classes** –

Join an array of classes including Jazzercise, 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
Gymnastics	x 17

140 N. Louise Street  
Glendale, CA 91206

Phone: 818-240-4130

Fax: 818-500-1737

Email: [ymca@glenymca.org](mailto:ymca@glenymca.org)

Web: [www.glendaleymca.org](http://www.glendaleymca.org)



**Active  
Older Adults**



**2010  
Class Schedule**



# 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**

**Tuesdays is GAME DAY!**

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

Tuesday's at 10:00 AM

Conference Room D Administration Bldg

**Please Join The Fun !**

## **STRENGTH TRAINING CLASSES**

### **SilverSneaker® Cardio Circuit**

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

### **SilverSneaker® YogaStretch**

Monday: 11:00 to 12:00  
Friday: 11:00 to 12:00

### **SilverSneaker®**

#### **Muscular Strength & Movement**

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

#### **Strength Training**

Mon/Wed/Fri 10:15 - 10:45  
(*Weight Room*)  
Tue/Thurs 10:15 - 11:00  
(*Youth Fitness Center*)

#### **Tai Chi**

Tue/Wed/Fri 8:00 - 9:00

#### **Balance Class**

Tue/Thurs 9:00 - 10:00  
Fri. 10:00 - 11:00 am  
(*Youth Fitness Center*)

## **Workout At Your Own Pace !**

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

Personal Fitness Assessment Available !

### **Call For An Appointment**

**Contact** Ryan Nekota, Wellness Director  
(818) 240-4130, ext. 13

## **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.

### **Aquamotion**

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

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

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

Tues / Thurs.  
11:00 - 11:45 am (Deep Water)

**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.

### **A.F.A.P.**

Mon / Wed / Fri  
12:15 - 1:00 pm

Tues / Thurs  
2:00 - 2:45 pm

### **SilversSplash®**

Tuesday: 10:05 to 11:00 am

## **MONTHLY MEETINGS**

The monthly meetings are held in Conference Room D (Administration Building) at 11:00 am. Coffee and pastries are served. Program is open to Y-Members and Non-Members alike.