



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Firestone Park YMCA

Fall I (09/04-10/22)

Group Classes

BLT

Our BLT workout focuses on exercise for the back, legs and tummy. BLT is structured to strengthen and tone the entire core and lower body.

Ses	Days & Times	Ages	Mem/Program
Fall I	Monday 7:00-8:00 pm	16-99	\$0.00/\$40.00

SilverSneakers Circuit

Cardio Circuit is designed for seniors who have taken the SilverSneakers Classic class and now feel at ease working out of their comfort zone. SilverSneakers Circuit focuses on strengthening the cardiovascular system.

Ses	Days & Times	Ages	Mem/Program
Fall I	Tuesday 9:00-10:00 am	55-99	\$0.00/\$40.00
Fall I	Thursday 9:00-10:00 am	55-99	\$0.00/\$40.00

SilverSneakers Classic

Have fun and move to the music during a variety of exercises. Designed to increase muscular strength and range of movement for daily living skills and activities. Classic offers resistance using hand-held weights, elastic tubing with handles and a ball. A chair is used for seated or standing support.

Ses	Days & Times	Ages	Mem/Program
Fall I	Monday 9:00-10:00 am	55-99	\$0.00/\$40.00
Fall I	Wednesday 9:00-10:00 am	55-99	\$0.00/\$40.00
Fall I	Friday 9:00-10:00 am	55-99	\$0.00/\$40.00

SilverSneakers Yoga

Yoga stretch will move your body through a series of seated yoga positions. Chair support is offered to increase flexibility and balance techniques.

Ses	Days & Times	Ages	Mem/Program
Fall I	Friday 10:00-10:45 am	55-99	\$0.00/\$40.00

Yoga

The practice of poses, sequences and breathing techniques to help improve strength, flexibility and balance in body and mind.

Ses	Days & Times	Ages	Mem/Program
Fall I	Saturday 8:30-9:30 am	16-99	\$10.00/\$50.00

Zumba

Are you ready to party yourself into shape? Lose yourself in the music and find yourself in shape at the original dance-fitness party. Zumba® classes feature exotic rhythms set to high-energy Latin and international beats. You are sure to burn calories and have fun!

Ses	Days & Times	Ages	Mem/Program
Fall I	Monday 6:15-7:00 pm	16-99	\$0.00/\$40.00
Fall I	Wednesday 6:15-7:00 pm	16-99	\$0.00/\$40.00

Register Online at AKRONYMCA.ORG