



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

UPDATED: 11/30/18

# December & January Classes

Monday	Tuesday	Wednesday	Thursday
<b>Line Dancing</b> <b>Samantha</b> 9:00am - 9:45am	<b>***TBA***</b>	<b>Toning &amp; Core</b> <b>Lisa</b> 9:00am - 9:45am	<b>***TBA***</b>
<b>SilverSneakers Classic</b> <b>Samantha</b> 10:00am - 10:45am		<b>SilverSneakers Classic</b> <b>Lisa</b> 10:00am - 10:45am	
<b>SilverSneakers Yoga</b> <b>Samantha</b> 10:45am - 11:15am		<b>SilverSneakers Yoga</b> <b>Lisa</b> 10:45am - 11:10am	

**SILVERSNEAKERS®** programs are available only to individuals 65 and over who meet specific eligibility requirements. Separate registration is necessary. This fitness class is also suitable for YMCA program members with specific health concerns e.g. osteoporosis, limited range of movement, high blood pressure.

- **SILVERSNEAKERS Classic (formerly MSROM):** Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills.
- **SILVERSNEAKERS CIRCUIT:** Combine fun and fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout.
- **SILVERSNEAKERS Yoga:** Yoga will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance, and range of movement.

**ADULT FITNESS CLASSES (Ages 16 and up)**

**Line Dancing:** Perfect for active older adults who are looking for a modified dance class that recreates the original moves you love, at a lower intensity. The design of the class introduces easy-to-follow choreography to music that focuses on balance, range of motion, and coordination.

**ALL FITNESS CLASSES ARE ONGOING**

**UNLIMITED MONTHLY OPTIONS (MONTHLY DRAFT)**

-DEC 2018 & JAN 2019 ARE FREE

Free for qualifying SilverSneaker and Optum Fitness Advantage Members

**LONGWOOD BRANCH YMCA**  
**8761 SHEPARD ROAD**  
**MACEDONIA, OHIO 44056**  
**330 467 8366**

[akronymca.org](http://akronymca.org)

The Y strives to make programs and membership available to all. Financial assistance may be available to those who qualify.

