

# ACTIVE OLDER ADULTS | ESIC & MEYER

## GROUP FITNESS

SILVERSNEAKERS & FULL PRIVILEGE FREE • BASIC \$2 • NON-MEMBER \$5

### SILVERSNEAKERS CLASSIC

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of motion and functionality for daily living. Hand-held weights, elastic tubing with handles and a SilverSneakers ball are offered for resistance. A chair is available if needed for seated or standing support.

**MON & WED 8:00-8:50AM • MEYER GYM | TUES & THURS 8:30-9:20AM • ESIC GYM**

### DANCE FITNESS

Have fun while you stretch, move and groove to your favorites from the 50s, 60s, 70s to the hits of today. Dance your way to stamina, strength, flexibility and fun! **ESIC CENTER**

**MON & WED 8:30-9:25AM**

### RACQUET SPORTS (RETURNS THIS FALL)

#### SENIOR TENNIS (AGES 55+)

Our senior tennis program is offered 3 days a week. You may play 1, 2, or all 3 days. It is a walk on program where everyone is welcome to play. The format of play will depend on the number of players each day. This is a great way to exercise and meet other players interested in tennis. **MEYER CENTER**

**MON & FRI 11:00AM-12:30PM  
WED 8:00-9:30AM**

**MEMBERS \$5 • NON-MEMBERS \$8**

### PICKLEBALL

During late Fall, Winter and Spring we offer pickleball in our Skate Center. For more information please contact John Bing at [jbings@edwymca.com](mailto:jbings@edwymca.com) or call 618.655.1460. **MEYER CENTER**

**MEMBERS \$3 • NON-MEMBER \$5**

### AQUATICS AT ESIC

#### AQUA AEROBICS

A low-impact aerobic workout designed to increase flexibility, strength and cardiovascular conditioning. For all fitness levels.

**MON, WED & FRI 8:00-8:50AM • POOL 2**

#### AQUA TONE

This combination class begins with a high intensity workout, followed by stretching and relaxation that includes Pilates, Yoga and Tai Chi.

**THURS 9:00-9:50AM • POOL 2**

**SAT 8:00-8:50AM • POOL 2**

### AEROBICS 101

A lower intensity cardiovascular class that emphasizes basic movements, strengthening, and stretching. Senior adults, pregnant or postnatal women, and beginners will find this class to be a great choice. **ESIC CENTER**

**MON, WED & FRI 8:30 - 9:25AM**

### ARTS & HUMANITIES

#### YMCA CHORUS: '60'S CHICKS

Come join this new ladies chorus and sing your favorites, such as "It's My Party," "Stop In The Name Of Love," "Johnny Angel," "Please Mr. Postman," plus Broadway tunes, holiday songs, patriotic and more!

**WED 10:00-11:30AM • ESIC CENTER  
MEMBERS & NON-MEMBERS \$30**

**(FOR 3 SESSIONS)**

**MATERIAL FEE: \$10 UPON SIGNING UP**



**BOB AHRENS PHOTOGRAPHY**

#### AQUA ZUMBA \*NEW\*

Combines latin-based dance rhythms with aquatic fitness. Making for a fun and high energy workout, while reducing impact on your joints!

**TUES 7:00-7:50PM • POOL 2**

#### ARTHRITIS EXERCISE

This low-impact, fun class is designed to strengthen and tone muscles, as well as increase flexibility, balance and coordination for everyday tasks. A great class for those who experience pain associated with arthritis, fibromyalgia, lupus or other joint and muscle conditions.

**MON, WED & FRI 9:00-9:50AM • POOL 2**