

ACTIVE OLDER ADULTS | NIEBUR (ESIC) & MEYER



YMCA CHORUS: '60'S CHICKS RETURNS THIS FALL!

DROP-IN AQUATICS • NIEBUR (ESIC) CENTER • POOL 2

SENIOR MEMBERS \$2 • MEMBERS \$3 • NON-MEMBERS \$5

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

AQUA TONE

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

SAT 8:00 - 8:50AM

AQUA ZUMBA

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

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

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 & FRI 8:00 - 8:50AM • MEYER GYM | TUES & THURS 8:30 - 9:20AM • NIEBUR (ESIC) GYM

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.

**NIEBUR (ESIC) CENTER
MON, WED & FRI 8:30 - 9:25AM**

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!

**NIEBUR (ESIC) CENTER
MON & WED 8:30 - 9:25AM**

PICKLEBALL

During late Fall, Winter and Spring we offer Pickleball in our Skate Center. For more information please contact John Bing at jbmg@edwymca.com or call 618.655.1460.

**OPEN PLAY THIS SUMMER: WED 6:00 - 8:00PM • SAT 10:00AM - NOON
MEMBERS \$3 • NON-MEMBER \$5 • MEYER CENTER**

SENIOR TENNIS (AGES 55+) RETURNS THIS FALL!

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**