



**SEPTEMBER 2019**

Arlington–Mansfield Area YMCA — North Branch, 1005 Skyline Dr., Arlington, TX 76011  
817-548-9622 www.amaymca.org

## Active Older Adults — Calendar of Activities

Mon	Tue	Wed	Thu	Fri	Sat
<p><b>2</b> <b>LABOR DAY HOLIDAY CLASSES</b></p> <p><b>8am Ageless Wonders</b> <b>9am Zumba Gold</b></p>	<p><b>3</b> <b>8:15am Senior Cycle</b> <b>8:15am</b> 30 min. Functional training <b>8:45am Zumba Gold</b> <b>9am</b> 30 min. Functional training <b>9am</b> Chair Yoga</p>	<p><b>4</b> <b>8am SS BOOM Muscle</b> <b>9:15am SS Classic</b> <b>12:00pm</b> Pedaling 4 Parkinson's</p>	<p><b>5</b> <b>7:45am SS Cardio</b> <b>8:15am Senior Cycle</b> and Connexus <b>9am</b> Chair Yoga <b>10am</b> Chair Yoga <b>10:15am</b> Ageless Wonders</p>	<p><b>6</b> <b>7:30am SS Classic</b> <b>7:30am TRX Basics</b> <b>8:45am Zumba Gold</b> <b>9:00 am SS Cardio</b> <b>12:00pm</b> Pedaling 4 Parkinson's</p>	<p><b>7</b> <b>10am</b> Chair Yoga</p>
<p><b>9</b> <b>8am</b> Ageless Wonders <b>8am</b> SS Classic <b>9:15am</b> SS Classic Pedaling 4 Parkinson's <b>Birthday Lunch!</b> <b>11:30am Salt Grass Steakhouse, 2200 E Lamar, REGISTER at</b></p>	<p><b>10</b> <b>8:15am Senior Cycle</b> <b>8:15am</b> 30 min. Functional training <b>8:45am Zumba Gold</b> <b>9am</b> 30 min. Functional training <b>9am</b> Chair Yoga</p>	<p><b>11</b> <b>8am SS BOOM Muscle</b> <b>9:15am SS Classic</b> <b>12:00pm</b> Pedaling 4 Parkinson's</p>	<p><b>12</b> <b>7:45am SS Cardio</b> <b>8:15am Senior Cycle</b> and Connexus <b>9am</b> Chair Yoga <b>10am</b> Chair Yoga <b>10:15am</b> Ageless Wonders</p>	<p><b>13</b> <b>7:30am SS Classic</b> <b>8:00am TRX Basics</b> <b>8:45am Zumba Gold</b> <b>9:00 am SS Cardio</b> <b>12:00pm</b> Pedaling 4 Parkinson's</p>	<p><b>14</b> <b>10am</b> Chair Yoga</p>
<p><b>16</b> <b>8am</b> Ageless Wonders <b>8am</b> SS Classic <b>9:15am</b> SS Classic 12:00pm Pedaling 4 Parkinson's <b>LUNCH &amp; LEARN</b> <b>11:30am "Stress, Hormones, &amp; Health</b> <b>Light Lunch provided</b></p>	<p><b>17</b> <b>8:15am Senior Cycle</b> <b>8:15am</b> 30 min. Functional training <b>8:45am Zumba Gold</b> <b>9am</b> 30 min. Functional training <b>9am</b> Chair Yoga <b>10am</b> Chair Yoga</p>	<p><b>18</b> <b>8am SS BOOM Muscle</b> <b>9:15am SS Classic</b> <b>12:00pm</b> Pedaling 4 Parkinson's</p>	<p><b>19</b> <b>7:45am SS Cardio</b> <b>8:15am Senior Cycle</b> and Connexus <b>9am</b> Chair Yoga <b>10am</b> Chair Yoga <b>10:15am</b> Ageless Wonders</p>	<p><b>20</b> <b>7:30am SS Classic</b> <b>8:00am TRX Basics</b> <b>8:45am Zumba Gold</b> <b>9:00 am SS Cardio</b> <b>12:00pm</b> Pedaling 4 Parkinson's</p>	<p><b>21</b> <b>10am</b> Chair Yoga</p>
<p><b>23</b> <b>8am</b> Ageless Wonders <b>8am</b> SS Classic <b>9:15am</b> SS Classic <b>12:00pm</b> Pedaling 4 Parkinson's</p>	<p><b>24</b> <b>8:15am Senior Cycle</b> <b>8:15am</b> 30 min. Functional training <b>8:45am Zumba Gold</b> <b>9am</b> 30 min. Functional training <b>9am</b> Chair Yoga <b>10am</b> Chair Yoga</p>	<p><b>25</b> <b>8am</b> SS BOOM Muscle <b>9:15am</b> SS Classic <b>12:00pm</b> Pedaling 4 Parkinson's</p>	<p><b>26</b> <b>7:45am SS Cardio</b> <b>8:15am Senior Cycle</b> and Connexus <b>9am</b> Chair Yoga <b>10am</b> Chair Yoga <b>10:15am</b> Ageless Wonders</p>	<p><b>27</b> <b>7:30am SS Classic</b> <b>7:30am TRX Basics</b> <b>8:45am Zumba Gold</b> <b>9:00 am SS Cardio</b> <b>12:00pm</b> Pedaling 4 Parkinson's</p>	<p><b>28</b> <b>10am</b> Chair Yoga</p>
<p><b>30</b> <b>8am</b> Ageless Wonders <b>8am</b> SS Classic <b>9:15am</b> SS Classic <b>12:00pm</b> Pedaling 4 Parkinson's</p>					

# ACTIVE OLDER ADULTS EVENTS

## Monday, September 9th, 11:30 am -Birthday Celebration Lunch\*

Join us at Salt Grass Steakhouse, 2200 E Lamar, to celebrate the September Birthdays!

*\*Register at Welcome Center*

## Monday, September 16th 11:30 am-Lunch & Learn\*

September is Healthy Aging Month! Christian Nelson of Advocate Wellness Center will be speaking on "Stress, Hormones & Health". A light lunch will be served.

*\*Register at the Welcome Center*

## Pickle Ball—Every Thursday at 9:00am

Pickle ball is a paddle sport that combines elements of badminton, tennis, and table tennis. Two or four players use solid paddles made of wood or composite materials to hit a perforated Opolymer ball, similar to a whiffle ball, over a net.

## Silver Sneakers BOOM Muscle

This class incorporates athletic-based exercises that



## **Silver Sneakers Classic— SS1**

A variety of exercises designed to increase muscular strength, range of motion and activities for daily living. Hand-held weights, elastic tubing with handles and a Silver Sneakers ball are offered for resistance.

## **Silver Sneakers Cardio—Senior Classic**

Get Up & Go with an aerobics class that's safe, heart-healthy and gentle on the joints. The workout includes easy-to-follow low-impact movement, and upper-body strength, abdominal conditioning, stretching and relaxation exercises designed to energize your active lifestyle.

## **Chair Yoga**

Chair 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 seated and standing postures designed to increase flexibility, balance and range of motion. **Please note: Class passes are required to attend the class and are at the Welcome Center.**

## **ZUMBA Gold**

The class introduces easy-to-follow Zumba choreography that focuses on balance, range of motion and coordination. Class focuses on all elements of fitness: cardiovascular, muscular conditioning, flexibility and balance.

## **AOA Classic**

Join us for a low-impact and strength training workout, guaranteed to get you energized, toned, and revitalize your joints!

## **Senior Cycle**

A senior appropriate 30 minute class designed for seniors to get a great cardio no-impact workout.

## **Pedaling 4 Parkinsons**

This is an all level class specifically for