



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Active Older Adults—Spring 2018 Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
7:00am		Pickle Ball 7:00-10:00am		Pickle Ball 7:00-10:00am			
7:30am							
8:00am							
8:30am							
9:00am							
9:30am	Pickle Ball 9:30-11:00am		All Levels Yoga 9:30-10:25am	Zumba Gold 9:30-10:25am			
10:00am							Meditation 10:00-11:15am
10:30am			Gentle Yoga 10:30-11:25am				
11:00am					Gentle Yoga 11:00-11:55am		
11:30am	Senior Strength & Balance 11:45-12:40pm	Walk & Talk 11:30-12:25pm	Senior Strength & Balance 11:30-12:25pm				
12:30pm	Gentle Yoga 12:30-1:25pm						
5:00pm		Yin Flow 5:00-6:15pm					
5:30pm				All Levels Yoga 5:30-6:25pm			
6:00pm	All Levels Yoga 6:00-6:55pm					Pickle Ball 6:00-7:30pm	
6:30pm							



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CLASS DESCRIPTIONS

STUDIO BEAT (Group Exercise)

Senior Strength & Balance (S & B) This low impact class is designed for seniors looking to improve strength, balance & stability to prevent injury.

Walk & Talk Enjoy light exercise on the track in a non-competitive atmosphere. Join us afterwards for coffee and conversation!

Zumba Gold® A aerobic workout based around Latin dance moves and music. Each class incorporates a variety of dance moves from merengue, salsa to reggaeton.

MIND/BODY

All Levels Yoga All Levels Yoga is just as it sounds. During this class, classic yoga poses are practiced with an emphasis on alignment in a slow paced controlled environment.

Gentle Yoga Develop awareness of the breath and ease yourself carefully into structured movements improving flexibility & strength.

Yin Flow Yin yoga poses are floor-based and are generally held for longer periods of time - up to several minutes each - to invite the deeper tissues of the body to relax, promoting flexibility

Meditation Each week this class will include a discussion, 30 minute meditation as well as yoga style warm up and Qi-Gong exercises to relax the body. Appropriate for Grades 6+ or parent/child. **Pre-registration required.** (Jan 6-Mar 31)

Gymnasium

Pickle Ball Let's play Pickleball! If you're a seasoned player, or even if you want to learn, this is the perfect opportunity for you. No matter your ability, this is a great chance to meet new people!

Monday (2 courts) - Beginner Clinic and play! Skills training, rules, and open play to put learning into practice!

Tuesday & Thursday (4 courts) - All levels play; each court plays at different skill levels.

Friday (2 courts) - All levels play; recreational court and competitive court available.



Exeter Area YMCA Facility Hours

Monday - Friday	5:00AM to 9:30PM
Saturday	7:00AM to 5:00PM
Sunday	7:00AM to 4:00PM