

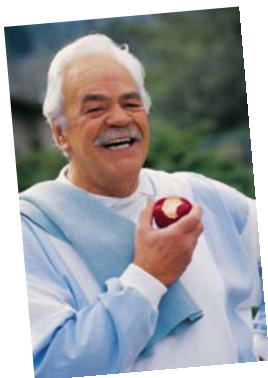


FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BE HEALTHY

Adult 65+ Programs





Everyone has to start somewhere; we're here to help you.

The programs, equipment, staff and the YMCA overall environment is dedicated to assisting you find the fitness program that matches your personal skills, lifestyle, and goals.

September 2011 Programs:

Adult Fitness Classes:

- Zumba Gold
- Gentle Strength & Stretch
- Gentle Yoga
- Sit & Be Fit

Aqua Aerobic Classes:

- Hydro FX
- Water Works
- Bodies in Motion
- Splash & Tone Deep Water
- Body Works H2O
- Bodies in Motion



FACT:
More than 60%
of older adults
are inactive.

As we age, our bodies begin a degenerative process in the form of osteoporosis, arthritis, osteoarthritis, low back pain and obesity. We also begin, as we age, to notice a decrease in the following functions of our body:

- Maximum attainable heart rate
- Cardiac output
- Muscle mass
- Balance
- Coordination (neuromuscular efficiency)
- Connective tissue elasticity
- Bone mineral density

Luckily, we are able to prevent, slow or even reverse any of these decreases in the functional capacity through the use of regular exercise.

Regular exercise includes:

- ① Cardio training
- ② Resistance training
- ③ Flexibility training



FACT:
Flexibility & Resistance
Training Exercise
can reduce the risk of falls.

① Guidelines for
CARDIO TRAINING:

- **Mode:** Stationary or recumbent cycling, walking, aquatic exercise classes, swimming, aqua walking
- **Frequency:** 2-5 days per week.
- **Duration:** 30-60 minutes per day

② Guidelines for
RESISTANCE TRAINING:

- **Mode:** Nautilus circuit, free weights
- **Frequency:** 3-5 days per week
- **Duration:** 1-3 sets of 8-20 repetitions

③ Guidelines for
FLEXIBILITY TRAINING:

- **Mode:** Static stretching, dynamic stretching, Yoga or Pilates
- **Frequency:** 2-7 days per week



FACT:
We can help you
get started or improve
your fitness routine!

• **Personal Training**

Goal-oriented training to help you get the results you want. Certified Personal Trainers work with you to design an individualized program that is safe, effective, and fun. Remove the guess work and train with a Y personal trainer! Packages available for 1 hour or more: one-on-one training, partner training or group training. See the Y Personal Training brochure for details. Call Stephen Rockette, Health & Wellness Supervisor today...he'll be glad to get you started! 269.428.9622

• **Fitness Classes**

We offer a variety of group fitness classes just for you! If you feel that some of the fitness classes are not at your pace, try Zumba Gold, Gentle Strength & Stretch and Gentle Yoga! Please see our current Program Guide or visit our website for current class listings:

www.bhsjymca.org