



## CLASS INFORMATION



Please note that not all branches offer the same classes. Contact your local branch for more information and scheduling of the following classes.

### **Dry Land Classes:**

- Lite and Lively
  - A lower intensity workout specifically designed for older adults. It contains all components of fitness
- Tai Chi
  - An instructional program that focuses on the art of moving energy.
- Pickle Ball
  - Pickle Ball is a combination of tennis, badminton and table tennis, played with a wiffle ball. The game will appeal to all fitness levels.
- Yoga (Gentle)
  - Is a softer, slow-paced version of our traditional yoga whether you are new to yoga or have been practicing for years, this slower but strong practice will leave you feeling more restored.
- Yoga (Chair)
  - Chair Yoga is a unique yoga style that adapts yoga positions and poses through creative use of a chair. The chair replaces the yoga mat and becomes an extension of the body. Chair Yoga is suitable for all ages, fitness levels and physical conditions.
- Group Active
  - Get Active, and get more out of life! Group Active gives you all the fitness training you need – cardio, strength, balance and flexibility – in just one hour. Get stronger, fitter, and healthier with inspiring music, adjustable dumbbells, weight plates, body weight and simple athletic movements. Activate your life with Group Active!
- Active Agers
  - Get your new year off to a good start! Join us for this new fun and informative program designed specifically for those 50 plus. Cardio, Resistance, Stretching and Balancing components will be included. The program will be designed to meet the needs and abilities of the participants in a supportive and motivational atmosphere.
- Active Living
  - Join us for this fun and informative program designed specifically for beginners and those with physical challenges. Cardio, Resistance, Stretching and Balancing components will be included. The program will be designed to meet the needs and abilities of the participants in a supportive and motivational atmosphere.
- Zumba
  - Zumba is a fusion of high energy and motivating music with unique, Latin inspired moves and combos that allow you to dance the hour away! Fun and easy to do!
- Y Mobility
  - To obtain the best results for any fitness program you need to move well! Our instructors will teach different techniques each week while attending to personal mobility issues. Static, dynamic stretching, foam rolling and assisted stretching will all be covered plus much more. Groove your patterns with these talented coaches!
- Group Groove
  - Group Groove is great for those that might think exercise is a bit too serious and prefer to smile, scream, and sweat their way to getting fitter and healthier. If you always tap your foot or wiggle your hips when you hear music, or if you want your hour of exercise to fly by, well then, Groove is for you!



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- OsteoFit (Windsor only)
  - For anyone who is interested in increasing bone density, becoming stronger, maintaining quality of life and preventing disease this class will cover your bases. Participants will be able to have their posture assessed and learn how to maintain correct body positioning to continue to move well. Nutritional modifications will also be discussed. Participants will be able to check their posture. Take away: Learn about risk assessment for Osteoporosis, tips on how to sit, stand, stretch and work out with proper posture and learn more about the new and first of its kind in Windsor- Osteofitness Program at the New YMCA.
- HeartCare (Windsor only)
  - HeartCare is an education and fitness maintenance program for people at risk of or recovering from a cardiovascular incident. We provide weekly check-ins to set goals and track your progress for fitness and nutrition.
- Fun-ctional Fitness (Windsor only)
  - In partnership with VON Windsor-Essex, Fun-ctional Fitness class is geared to higher mobility seniors. Class that has 5 different components: warmup, cardio, cool down, strength/resistance, balance/flexibility. FUN is the main component!
- Parkinsons SMART (Windsor only)
  - In partnership with VON Windsor-Essex, Parkinson's SMART Exercise Program combines aerobic conditioning, functional strengthening, mobility and balance exercises designed to meet the needs of people living with Parkinson's.
- Stroke Rehab SMART (Windsor only)
  - In partnership with VON Windsor-Essex, an integral aspect of stroke rehabilitation, physical activity can greatly enhance movement, balance and coordination while also helping to prevent a future stroke. This exercise program provides physical, cognitive, and preventative education to reduce the risk of stroke and improve function in the daily living of stroke patients.

### Pool Based

- Gentle Joints
  - This class is for people looking for a light, low impact, joint-friendly workout. You will improve your core strength, endurance, range of motion, flexibility and balance. Gentle Joints is a great class for those looking to ease into physical activity or individuals managing a chronic health condition as it follows a gentler pace. The class is held in the shallow end of the pool, so all swimmers are welcome!
- Water Walking
  - Water walking is a great time for you and your friends to catch up and talk while also getting a gentle workout in the pool. The class takes place in the shallow end of our pool, where instructors lead the class through a light-intensity cardio workout that consists of walking around in the water. Movements are forward, backward, and side-to-side which works both your balance and core!
- Lane swimming
  - Increase your fitness while swimming in the pool. Lanes are designated by slow, medium, and fast speeds. Continuous swimming in the lanes is encouraged.