



## ACTIVE OLDER ADULT FITNESS SCHEDULE MAY 2023

WAYNE COUNTY YMCA    (570) 253-2083    105 PARK STREET, HONESDALE PA

**These classes are designed specifically for active older adults. All fitness classes are free for Y members.**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Silver Sneakers</b> 10:00 -10:45		<b>Silver Sneakers</b> 10:00 -10:45		<b>Ener Chi</b> 10:00-11:00	
<b>Enhance Fitness</b> 11:00 -12:00			<b>Chair Yoga</b> 10:00-11:00	<b>Enhance Fitness</b> 11:00 -12:00	




(For a complete fitness schedule, please call, stop in, or find us on the web at [www.wcymca.com](http://www.wcymca.com))

**Ener Chi:** This class involves a series of movements performed in a slow focused manner, accompanied by deep breathing. It is low impact and puts minimal stress on muscles and joints

**Enhance Fitness:** Focus on dynamic cardiovascular exercise, strength training, balance, and flexibility—everything older adults need to maintain health and function as they age. Free to those with chronic illness.

**Silver Sneakers:** Have fun and move to the music with exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a ball are offered for resistance. A chair is used for seated or standing support.

**Chair Yoga:** Yoga will move your whole body through a complete series of yoga poses. Chair support allows participants to safely perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement.

 <p><b>HEALTHWAYS</b> <b>SilverSneakers®</b> FITNESS</p> <p><b>If you're a group retiree, or part of a Medicare Advantage or Medicare Supplement Health plan, you may already have a YMCA SilverSneakers membership. This active adult wellness program is offered too many Medicare plans across the nation. Contact us to find out if you are eligible!</b></p>	 <p><b>Renew Active™</b> is here to help you stay fit, stay focused and stay you. Plus, it's available at no additional cost with <b>UnitedHealthcare® Medicare plans.</b></p>	 <p>The Silver and Fit program is an exercising and healthy aging program by American Specialty Health. The Silver and Fit program is offered to Medicare beneficiaries of many insurance carriers' Medicare Advantage and supplement plans. Contact us to find out if you are eligible!</p>
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