



FIT & WELL SENIORS

WELLNESS PROGRAM DESIGNED SPECIFICALLY FOR SENIORS 60 & OLDER



PART OF THE SENIOR SERVICE NETWORK SUPPORTED BY THE DEPARTMENT OF AGING AND COMMUNITY LIVING

Class Descriptions



Join Our **zoom** Workouts  **Video Conferencing**

Active Social Fitness Class

(LIIT) & Sit

Seated low intensity interval training exercises. A series of 3-4 exercises back to back each exercise lasting for 60 seconds apiece with a 2 minute active rest in between.



Abs-solutely! Advanced

This "Abs-solutely Advanced" Wellness Clinic is a 30 minute advanced workout using an exercise ball (sometimes called Swiss ball or stability ball). Body weight is used to develop core strength, build muscle and shed body weight to improve overall health and fitness. It is highly recommended you participate in Instructor Erica Wilson's "Abs-soluelly!" Wellness Clinic regularly before taking on the challenges of this advanced clinic.



Basic Training 4 Your Body

Interactive assessment that can involves seated and standing exercises designed to highlight a Seniors need for improved strength, flexibility, balance and light cardio. Includes detailed discussion about proper body mechanics, injury prevention and overall health in a entertaining presentation.





FIT & WELL SENIORS

WELLNESS PROGRAM DESIGNED SPECIFICALLY FOR SENIORS 60 & OLDER



PART OF THE SENIOR SERVICE NETWORK SUPPORTED BY THE DEPARTMENT OF AGING AND COMMUNITY LIVING

Class Descriptions



Join Our **zoom** Workouts
Video Conferencing

Cardio Lite/Strength & Resistance

Strength training (also known as weight training or resistance training) is a type of physical exercise which uses resistance to oppose the force generated by muscles through concentric and eccentric contractions.



While most people associate strength training with lifting weights (barbells and dumbbells), it can also be done using other equipment (e.g.: bands, suspension ropes, gym machines, etc.) or using no equipment at all (e.g. body weight exercises, such as push-ups and pull-ups).

Cardio-Lite Interval Class

Cardio lite interval training, will help burn calories, improve aerobic capacity and build core stabilization.



Expand Your Bands

A mixture of standing & seated total body exercises using resistance bands.





FIT & WELL SENIORS

WELLNESS PROGRAM DESIGNED SPECIFICALLY FOR SENIORS 60 & OLDER



PART OF THE SENIOR SERVICE NETWORK SUPPORTED BY THE DEPARTMENT OF AGING AND COMMUNITY LIVING

Class Descriptions



Join Our **zoom** Workouts
Video Conferencing

Healthy Knees "Strengthening"

Want to keep your knees healthy? If your knee's are not at its best, you need exercises that will help strengthen them. The Healthy Knees clinic will take you through gentle mobility, flexibility and stretching exercises to help reduce stress on the knee joint. It's therefore, important to incorporate exercises for stabilizing the hip and ankle into your daily exercise routine. With simple strengthening exercises for your quadriceps, hamstrings, hips and ankles you can help reduce stress on the knee joint during functional activities such as stair climbing and walking.



I Need My Knees



Just For Men

Just for Men consist of full body weight training using different size weights, resistance bands and our own body weight and we will also be performing various cardio routines. The goal is to help us control our weight as we age.





FIT & WELL SENIORS

WELLNESS PROGRAM DESIGNED SPECIFICALLY FOR SENIORS 60 & OLDER



PART OF THE SENIOR SERVICE NETWORK SUPPORTED BY THE DEPARTMENT OF AGING AND COMMUNITY LIVING

Class Descriptions



Morning Stretch & Relaxation

Standing/Seated/Mat stretching exercises focused on gentle stretching, flexibility, range of motion, and meditative breathing. Stretching elongates the spine, increases flexibility and calms the mind and body. Excellent to include this class as a cross trainer with cardiovascular and strength conditioning workouts!



Move Naturally

Natural movements include basic motions, such as walking, running, climbing or crawling, as well as complex movements such as lifting, carrying, throwing and catching. Many natural movements incorporate multiple elements of fitness. This fitness approach is an efficient way to work out and also build strength and endurance. Breath work and mindful functional movement is also key component to these workout sessions.



Pilates Core & More 4 Seniors

A Pilates flow workout especially designed for seniors, to promote mobility, flexibility, and strength for the body, focusing on core/center. Elements of tai chi, qi gong, yoga, and dance are incorporated to promote proper alignment, posture and effective movement.





FIT & WELL SENIORS

WELLNESS PROGRAM DESIGNED SPECIFICALLY FOR SENIORS 60 & OLDER



PART OF THE SENIOR SERVICE NETWORK SUPPORTED BY THE DEPARTMENT OF AGING AND COMMUNITY LIVING

Class Descriptions



Resistance Band Workout

Morning Stretch/Relaxation

Standing/Seated/Mat stretching exercises focused on gentle stretching, flexibility, range of motion, and meditative breathing. Stretching elongates the spine, increases flexibility and calms the mind and body. Excellent to include this class as a cross trainer with cardiovascular and strength conditioning workouts! ZOOM in on Mondays and Fridays, 9:00am and let's get started! Amazon, etc. between \$10-\$15. They come in light, medium and heavy strengths. Some packs come with all three. Feel free to use various strengths depending on the exercises.



Restorative Yoga "Spinal Health"

Currently I am training and getting my certification to be a restorative yoga instructor so I can definitely offer Restorative Yoga for Spinal Health and Restorative yoga for stress relief if seniors are interested. It will be a very slow class but seniors will greatly benefit from all the pranayamas and the gentle asanas they perform in class.



Senior BootCamp

Workout involving both standing and floor exercises. Balanced mix of strength training with weights and cardio movement that is guaranteed to get you sweating!





FIT & WELL SENIORS

WELLNESS PROGRAM DESIGNED SPECIFICALLY FOR SENIORS 60 & OLDER



PART OF THE SENIOR SERVICE NETWORK SUPPORTED BY THE DEPARTMENT OF AGING AND COMMUNITY LIVING

Class Descriptions



Sit Down, Get Down

Chair exercises for seniors have many great health benefits that reduce the effect of any pre-existing health condition and improve your overall functional quality of life including:



Strength & Resistance

While most people associate strength training with lifting weights (barbells and dumbbells), it can also be done using other equipment (e.g.: bands, suspension ropes, gym machines, etc.) or using no equipment at all (e.g. body weight exercises, such as push-ups and pull-ups).



Strength & Resistance(LIIT)

seated low intensity interval training exercises. A series of 3-4 exercises back to back each exercise lasting for 60 seconds apiece with a 2 minute active rest in between.





FIT & WELL SENIORS

WELLNESS PROGRAM DESIGNED SPECIFICALLY FOR SENIORS 60 & OLDER



PART OF THE SENIOR SERVICE NETWORK SUPPORTED BY THE DEPARTMENT OF AGING AND COMMUNITY LIVING

Class Descriptions



Yoga "Vinyasa"

I teach Slow, Vinyasa Style Yoga. It is focused on breathwork and is alignment based to make sure the yogi students get into asanas/poses with a lot of awareness and control. Also because breathwork is involved yogis in class move slowly in and out of the poses connecting their body (movements) and their breath at the same time.



Zumba Gold

Zumba Gold is for Seniors and it's Latin and Rhythmic dancing and fitness done at a slower pace so that the Seniors can do the dance moves





FIT & WELL SENIORS

WELLNESS PROGRAM DESIGNED SPECIFICALLY FOR SENIORS 60 & OLDER



PART OF THE SENIOR SERVICE NETWORK SUPPORTED BY THE DEPARTMENT OF AGING AND COMMUNITY LIVING

Class Descriptions



Join Our **zoom** Workouts
Video Conferencing

Discontinued Social Fitness Class

Abs, Back and Chest (ABC)

This class will use the muscles of the abdomen, chest and back (ABC). These muscles stabilize the entire body, and your core will be better prepared to support the rest of your body in whatever activity you choose to do.



Aqua Aerobics 4 Seniors

Let's face it: water aerobics for seniors is fun! Each year as summer begins, millions of seniors flock to the beaches, to the lakes, and to the swimming pool.



For families, water provides recreation and family fun. For seniors, it can provide health benefits, and is a way for them to enjoy the company of family, enticing even the busiest grandkid to come over for a swim.

Get familiar with the many health benefits of swimming for seniors





FIT & WELL SENIORS

WELLNESS PROGRAM DESIGNED SPECIFICALLY FOR SENIORS 60 & OLDER



PART OF THE SENIOR SERVICE NETWORK SUPPORTED BY THE DEPARTMENT OF AGING AND COMMUNITY LIVING

Class Descriptions



Basic Training 4 Your Body

Interactive assessment that can involve seated and standing exercises designed to highlight a Seniors need for improved strength, flexibility, balance and light cardio. Includes detailed discussion about proper body mechanics, injury prevention and overall health in a entertaining presentation.



Cardio-Lite



Church Hurt, Church Pain



Crochet Club w/ YMCA Fit & Well Senior





FIT & WELL SENIORS

WELLNESS PROGRAM DESIGNED SPECIFICALLY FOR SENIORS 60 & OLDER



PART OF THE SENIOR SERVICE NETWORK SUPPORTED BY THE DEPARTMENT OF AGING AND COMMUNITY LIVING

Class Descriptions



Dance Fitness

Learn fun dance routines to popular tunes. Steps will be broken down then combined to get the whole body moving, shaking, and sweating. A variety of dance styles and genres of music will be taught.



Dance Fitness 4 Seniors

Learn fun dance routines to popular tunes. Steps will be broken down then combined to get the whole body moving, shaking, and sweating. A variety of dance styles and genres of music will be taught.



Kung Fu, Self Defense 4 Seniors

Kungfu self defense is a practical tactical application of martial movement for seniors or anyone wanting to learn defensive and offensive tactics in defending and warding off attacks. This class incorporates postures for conditioning the body and drills for proficiency in simultaneous attack and defense scenarios. Adaptations of improvised weaponry such as umbrella fan coat hangers are taught as effective use in this class





FIT & WELL SENIORS

WELLNESS PROGRAM DESIGNED SPECIFICALLY FOR SENIORS 60 & OLDER



PART OF THE SENIOR SERVICE NETWORK SUPPORTED BY THE DEPARTMENT OF AGING AND COMMUNITY LIVING

Class Descriptions



Let's have a Ball

Mix of seated, standing, and floor exercise. Exercises include use of dumbbells and medicine ball.



Meaningful Morning Meditation

Relaxation thru awareness of breathing, being still, letting go and releasing stress



Pilates Core & More 4 Seniors

A Pilates flow workout especially designed for seniors, to promote mobility, flexibility, and strength for the body, focusing on core/center. Elements of tai chi, qi gong, yoga, and dance are incorporated to promote proper alignment, posture and effective movement.



Program Introduction





FIT & WELL SENIORS

WELLNESS PROGRAM DESIGNED SPECIFICALLY FOR SENIORS 60 & OLDER



PART OF THE SENIOR SERVICE NETWORK SUPPORTED BY THE DEPARTMENT OF AGING AND COMMUNITY LIVING

Class Descriptions



Restorative Yoga "Stress Relief"

Currently I am training and getting my certification to be a restorative yoga instructor so I can definitely offer Restorative Yoga for Spinal Health and Restorative yoga for stress relief if seniors are interested. It will be a very slow class but seniors will greatly benefit from all the pranayamas and the gentle asanas they perform in class.



Sit Down, Get Down

Chair exercises for seniors have many great health benefits that reduce the effect of any pre-existing health condition and improve your overall functional quality of life including:



Strength & Resistance(LIIT)

seated low intensity interval training exercises. A series of 3-4 exercises back to back each exercise lasting for 60 seconds apiece with a 2 minute active rest in between.



Tai Chi

Standing exercises, movements, and practices focused on slow, focused movements accompanied with meditative breathing





FIT & WELL SENIORS

WELLNESS PROGRAM DESIGNED SPECIFICALLY FOR SENIORS 60 & OLDER



PART OF THE SENIOR SERVICE NETWORK SUPPORTED BY THE DEPARTMENT OF AGING AND COMMUNITY LIVING

Class Descriptions



TBD

Don't sleep on the YMCA of Metro Washington Program development TEAM. We continuously create new formats based upon your needs all the time.



This Is Our Story, This is Our Song



Total Body Fitness

Strength training (also known as weight training or resistance training) is a type of physical exercise which uses resistance to oppose the force generated by muscles through concentric and eccentric contractions.



While most people associate strength training with lifting weights (barbells and dumbbells), it can also be done using other equipment (e.g.: bands, suspension ropes, gym machines, etc.) or using no equipment at all (e.g. body weight exercises, such as push-ups and pull-ups).





FIT & WELL SENIORS

WELLNESS PROGRAM DESIGNED SPECIFICALLY FOR SENIORS 60 & OLDER



PART OF THE SENIOR SERVICE NETWORK SUPPORTED BY THE DEPARTMENT OF AGING AND COMMUNITY LIVING

Class Descriptions



Walking Club

Students will walk outdoors through their own local routes while connected to Zoom through a handheld device. Students will be able to see and/or communicate with each other while taking their stroll.



Zumba Gold

Zumba Gold is for Seniors and it's Latin and Rhythmic dancing and fitness done at a slower pace so that the Seniors can do the dance moves





FIT & WELL SENIORS

WELLNESS PROGRAM DESIGNED SPECIFICALLY FOR SENIORS 60 & OLDER

DACL PART OF THE SENIOR SERVICE NETWORK SUPPORTED BY THE DEPARTMENT OF AGING AND COMMUNITY LIVING

Class Descriptions



Join Our **zoom** Workouts  **Video Conferencing**

In Person Indoor, Virtual

Aqua Aerobics 4 Seniors

Let's face it: water aerobics for seniors is fun! Each year as summer begins, millions of seniors flock to the beaches, to the lakes, and to the swimming pool.



For families, water provides recreation and family fun. For seniors, it can provide health benefits, and is a way for them to enjoy the company of family, enticing even the busiest grandkid to come over for a swim.

Get familiar with the many health benefits of swimming for seniors

Basic Training 4 Your Body

Interactive assessment that can involves seated and standing exercises designed to highlight a Seniors need for improved strength, flexibility, balance and light cardio. Includes detailed discussion about proper body mechanics, injury prevention and overall health in a entertaining presentation.





FIT & WELL SENIORS

WELLNESS PROGRAM DESIGNED SPECIFICALLY FOR SENIORS 60 & OLDER



PART OF THE SENIOR SERVICE NETWORK SUPPORTED BY THE DEPARTMENT OF AGING AND COMMUNITY LIVING

Class Descriptions



Join Our **zoom** Workouts
Video Conferencing

Cardio Lite/Strength & Resistance

Strength training (also known as weight training or resistance training) is a type of physical exercise which uses resistance to oppose the force generated by muscles through concentric and eccentric contractions.



While most people associate strength training with lifting weights (barbells and dumbbells), it can also be done using other equipment (e.g.: bands, suspension ropes, gym machines, etc.) or using no equipment at all (e.g. body weight exercises, such as push-ups and pull-ups).

Cardio-Lite



Just For Men

Just for Men consist of full body weight training using different size weights, resistance bands and our own body weight and we will also be performing various cardio routines. The goal is to help us control our weight as we age.





FIT & WELL SENIORS

WELLNESS PROGRAM DESIGNED SPECIFICALLY FOR SENIORS 60 & OLDER



PART OF THE SENIOR SERVICE NETWORK SUPPORTED BY THE DEPARTMENT OF AGING AND COMMUNITY LIVING

Class Descriptions



Muscle Fitness

Improve muscular strength, endurance & tone in this non-aerobic conditioning class. Core body work, combined with balance exercises, weight training, and various resistance tools make this a full body workout.

Resistance Band Workout

Morning Stretch/Relaxation

Standing/Seated/Mat stretching exercises focused on gentle stretching, flexibility, range of motion, and meditative breathing. Stretching elongates the spine, increases flexibility and calms the mind and body. Excellent to include this class as a cross trainer with cardiovascular and strength conditioning workouts! ZOOM in on Mondays and Fridays, 9:00am and let's get started! Amazon, etc. between \$10-\$15. They come in light, medium and heavy strengths. Some packs come with all three. Feel free to use various strengths depending on the exercises.



Sit Down, Get Down

Chair exercises for seniors have many great health benefits that reduce the effect of any pre-existing health condition and improve your overall functional quality of life including:





FIT & WELL SENIORS

WELLNESS PROGRAM DESIGNED SPECIFICALLY FOR SENIORS 60 & OLDER



PART OF THE SENIOR SERVICE NETWORK SUPPORTED BY THE DEPARTMENT OF AGING AND COMMUNITY LIVING

Class Descriptions



Join Our **zoom** Workouts
Video Conferencing

Strength & Resistance

While most people associate strength training with lifting weights (barbells and dumbbells), it can also be done using other equipment (e.g.: bands, suspension ropes, gym machines, etc.) or using no equipment at all (e.g. body weight exercises, such as push-ups and pull-ups).



Tai Chi

Standing exercises, movements, and practices focused on slow, focused movements accompanied with meditative breathing



Tai Chi Flow

Standing exercises, movements, and practices focused on slow, focused movements accompanied with meditative breathing





FIT & WELL SENIORS

WELLNESS PROGRAM DESIGNED SPECIFICALLY FOR SENIORS 60 & OLDER



PART OF THE SENIOR SERVICE NETWORK SUPPORTED BY THE DEPARTMENT OF AGING AND COMMUNITY LIVING

Class Descriptions



Join Our **zoom** Workouts
Video Conferencing

Total Body Fitness

Strength training (also known as weight training or resistance training) is a type of physical exercise which uses resistance to oppose the force generated by muscles through concentric and eccentric contractions.



While most people associate strength training with lifting weights (barbells and dumbbells), it can also be done using other equipment (e.g.: bands, suspension ropes, gym machines, etc.) or using no equipment at all (e.g. body weight exercises, such as push-ups and pull-ups).





FIT & WELL SENIORS

WELLNESS PROGRAM DESIGNED SPECIFICALLY FOR SENIORS 60 & OLDER



PART OF THE SENIOR SERVICE NETWORK SUPPORTED BY THE DEPARTMENT OF AGING AND COMMUNITY LIVING

Class Descriptions



Join Our **zoom** Workouts
Video Conferencing

In Person Outdoor, Virtual



Basic Training 4 Your Body

Interactive assessment that can involve seated and standing exercises designed to highlight a Seniors need for improved strength, flexibility, balance and light cardio. Includes detailed discussion about proper body mechanics, injury prevention and overall health in a entertaining presentation.



Just Move





FIT & WELL SENIORS

WELLNESS PROGRAM DESIGNED SPECIFICALLY FOR SENIORS 60 & OLDER



PART OF THE SENIOR SERVICE NETWORK SUPPORTED BY THE DEPARTMENT OF AGING AND COMMUNITY LIVING

Class Descriptions



Specialty Wellness Clinics Completed

Abs-solutely

This workout targets the abdominal muscles. Various mat exercises will engage the core to strengthen, tighten and tone your abs!



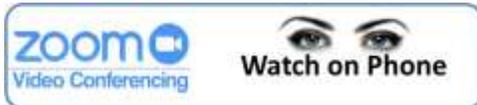
Abs-solutely! Flexibility

This workout targets the abdominal muscles. Various mat exercises will engage the core to strengthen, tighten and tone your abs!



Abs-solutely! Introduction

This workout targets the abdominal muscles. Various mat exercises will engage the core to strengthen, tighten and tone your abs!





FIT & WELL SENIORS

WELLNESS PROGRAM DESIGNED SPECIFICALLY FOR SENIORS 60 & OLDER



PART OF THE SENIOR SERVICE NETWORK SUPPORTED BY THE DEPARTMENT OF AGING AND COMMUNITY LIVING

Class Descriptions



Join Our **zoom** Workouts
Video Conferencing

Basic Training 4 Your Body

Interactive assessment that can involve seated and standing exercises designed to highlight a Seniors need for improved strength, flexibility, balance and light cardio. Includes detailed discussion about proper body mechanics, injury prevention and overall health in a entertaining presentation.



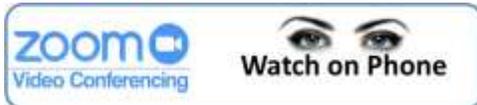
Chair Yoga Flow

Chair Yoga Flow is yoga using a chair. With the support of the chair, students will do traditional yoga poses with slight modifications. Chair Yoga Flow is an alternative to yoga classes where students use a floormat. Chair Yoga Flow offers accessibility to all students regardless of age, flexibility level, injuries or mobility issues.



Healthy Knees "Flexibility"

Want to keep your knees healthy? If your knee's are not at its best, you need exercises that will help strengthen them. The Healthy Knees clinic will take you through gentle mobility, flexibility and stretching exercises to help reduce stress on the knee joint. It's therefore, important to incorporate exercises for stabilizing the hip and ankle into your daily exercise routine. With simple strengthening exercises for your quadriceps, hamstrings, hips and ankles you can help reduce stress on the knee joint during functional activities such as stair climbing and walking.





FIT & WELL SENIORS

WELLNESS PROGRAM DESIGNED SPECIFICALLY FOR SENIORS 60 & OLDER



PART OF THE SENIOR SERVICE NETWORK SUPPORTED BY THE DEPARTMENT OF AGING AND COMMUNITY LIVING

Class Descriptions



Join Our **zoom** Workouts
Video Conferencing

Healthy Knees "Strengthening"

Want to keep your knees healthy? If your knee's are not at its best, you need exercises that will help strengthen them. The Healthy Knees clinic will take you through gentle mobility, flexibility and stretching exercises to help reduce stress on the knee joint. It's therefore, important to incorporate exercises for stabilizing the hip and ankle into your daily exercise routine. With simple strengthening exercises for your quadriceps, hamstrings, hips and ankles you can help reduce stress on the knee joint during functional activities such as stair climbing and walking.



John Henry Strength

Weight training class focused for men 65+



Just For Men

Just for Men consist of full body weight training using different size weights, resistance bands and our own body weight and we will also be performing various cardio routines. The goal is to help us control our weight as we age.





FIT & WELL SENIORS

WELLNESS PROGRAM DESIGNED SPECIFICALLY FOR SENIORS 60 & OLDER



PART OF THE SENIOR SERVICE NETWORK SUPPORTED BY THE DEPARTMENT OF AGING AND COMMUNITY LIVING

Class Descriptions



Join Our **zoom** Workouts
Video Conferencing

Restorative Yoga "Stress Relief"

Currently I am training and getting my certification to be a restorative yoga instructor so I can definitely offer Restorative Yoga for Spinal Health and Restorative yoga for stress relief if seniors are interested. It will be a very slow class but seniors will greatly benefit from all the pranayamas and the gentle asanas they perform in class.



Zumba Gold Toning "Introduction"

Participants will dance to music with using 1-2 lbs. hand weights, resulting in cardio benefits and toning of muscles groups. This format combines dance moves with specific exercises targeting and working the arms, legs, shoulders, back, and chest. It will be a fun and challenging workout designed especially for the older active population. Participants will need to have their own 1-2 lb. hand weights.





FIT & WELL SENIORS

WELLNESS PROGRAM DESIGNED SPECIFICALLY FOR SENIORS 60 & OLDER



PART OF THE SENIOR SERVICE NETWORK SUPPORTED BY THE DEPARTMENT OF AGING AND COMMUNITY LIVING

Class Descriptions



Join Our **zoom** Workouts
Video Conferencing

