








# ACTIVE OLDER ADULTS GROUP EXERCISE SCHEDULE

	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>MORNING</b>	9:30 AM	<b>CHAIR YOGA</b> Gymnasium 9:30 - 10:30AM Cindie			<b>CHAIR YOGA</b> Gymnasium 9:30 - 10:30AM Cindie	<b>STRENGTH &amp; TONE</b> Gymnasium 9:30-10:30AM Jessica O		
	10:30 AM	<b>HATHA YOGA</b> SMB 10:45 - 11:45AM Cindie		<b>HATHA YOGA</b> SMB 11:15 - 12:15PM Laura G		<b>HATHA YOGA</b> SMB 10:45 - 11:45AM Laura G		
<b>AFTERNOON</b>	12:00 PM	<b>TAI CHI</b> SMB 12:05 - 1:05PM Louis	<b>STRENGTH &amp; TONE</b> Gymnasium 11:30-12:30PM Jessica O <b>BEGINNER LINE DANCE</b> Studio 12:00 - 1:45PM Pat		<b>INTERMEDIATE LINE DANCE</b> SMB 12:15 - 1:45PM Joan	<b>BEGINNER / INTER. LINE DANCE</b> SMB 12:15 - 1:45PM Joan		
	1:00 PM	 Studio 1:10 - 1:55PM Cindy		 Studio 1:10 - 1:55PM Cindy				
	2:00 PM	 Studio <b>MUSCULAR STRENGTH</b> 2:00 - 3:00PM Laura G.	 Studio <b>CARDIO FIT</b> 2:00 - 3:00PM Laura G.	 Studio <b>MUSCULAR STRENGTH</b> 2:00 - 3:00PM Mary	 SMB <b>CHAIR YOGA STRETCH</b> 2:00 - 3:00PM Laura G.	 Studio <b>MUSCULAR STRENGTH</b> 2:00 - 3:00PM Mary		
	3:00 PM							<b>YOGA</b> SMB 3:00 - 4:00PM Cindie

## CLASS DESCRIPTIONS

**HATHA YOGA:** A class designed to align your body and mind, using correct posture and controlled breathing to increase muscle tone and flexibility

**MUSCULAR STRENGTH & RANGE OF MOVEMENT (Beginner Class):** is designed to increase strength, range of movement, agility, balance and coordination, and to improve participant's functional capacities, physical fitness level, and sense of well-being.

**CARDIO CIRCUIT:** will help increase cardiovascular and muscular endurance capacity as well as, agility, balance and coordination

**YOGA STRETCH:** A universal class designed to specifically target balance, range of movement, muscular endurance, restorative breathing and mind-body integration improvement.

**CHAIR YOGA:** increases strength and flexibility, improve circulation, breathing and relaxation techniques, all from your chair.

**LINE DANCING:** An easy to follow dance class in which individuals line up without partners and follow choreographed patterns of steps to country music, all for the sake of FUN!

**ZUMBA GOLD:** The design of the class introduces easy-to-follow Zumba choreography that focuses on balance, range of motion and coordination. Come ready to sweat and leave feeling empowered and strong.

**\*\*Please note that HATHA YOGA and YOGA are FLOOR CLASSES, there will not be anyone available to assist with getting up & down during class.**



**Directions to the TWIN LAKES Family YMCA: 204 E. Little Elm Trail, Cedar Park, TX**  
From the intersection of 1431 and 183, go South on N.Bell (183) 2.2 miles. turn left on E. Little Elm. You'll see the YMCA on the right.