



ACTIVE OLDER ADULTS GROUP EXERCISE SCHEDULE



Geared towards our seniors who need classes that will provide a low intensity and safe workout environment.

TANGELO PARK YMCA

Time	Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:00am	Walk/Run Trail	Trail Blazers		Trail Blazers		Trail Blazers	
10:30am	Gym	SilverSneakers	Cardio Circuit	SilverSneakers	Cardio Circuit	SilverSneakers	
11:15		Cool Down/Stretching 101					
11:30 am	Multipurpose room		Yoga Stretch		Yoga Stretch		
11:30am	Multipurpose room	Yoga Stretch		Yoga Stretch		Yoga Stretch	
11:30am	Golf facility			Y Golf			
11:30am	Walk/Run Trail	Trail Blazers		Trail Blazers		Trail Blazers	
12:00 am		Cool Down/ Stretching 101					

JANUARY

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
		1	2	3	4	
	7	8	9	10	11	
	14	15	16	17	18	
	21	22	23	24	25 Birthday Celebrations	
	28	29	30	31	1	

Friday's Spirit Day (Wear Purple)

Tangelo Park YMCA Family Center | 5160 Pueblo St | Orlando, FL 32819 | P 407-351-3584 |



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

TANGELO PARK YMCA

Active Older Adults

Group Class Descriptions

Classes are 15-30 minutes. Focus is on basics, social atmosphere, acceptance and praise for showing up and participating .

SilverSneakers

This class is geared towards our seniors who need a class that will provide a low intensity and safe workout environment. This class utilizes a chair for a seated workout designed to keep muscles strong and hearts healthy. All essential components of exercise are included in a fun and social atmosphere.

Trail Blazers (Walking/Running Club)

Enjoy a walk and/ or run outside with a Coach. Learn from, stretching and other training tips. Includes routes with different distances.

YogaStretch

Participants will have fun as they safely improve their balance and learn restorative breathing techniques and functional skills and abilities through a variety of seated and standing yoga poses.

Arts & Crafts

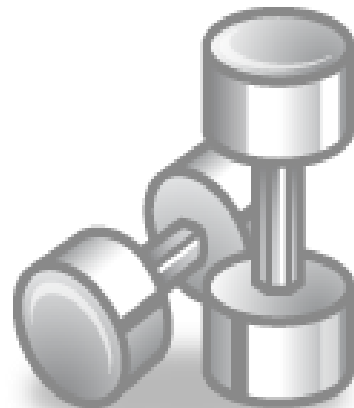
Seniors are comprise with a hole host of activities and hobbies that are related to making things with one's hands and skills.

Game Day

Come and play dominos, traditional and Bid whist, checkers, etc with others in the community. Meet new friends or bring a friend.

Cardio Circuit

The Cardio Circuit format alternates standing non-impact choreography and standing upper-body strength work with hand-held weights, elastic tubing with handles, and SilverSneakers ball.



Visit the Tangelo Park YMCA on Facebook to stay up to date on events and activities that will help you reach your health and wellness goals everyday.

