

Active Older Adult Friday Drop In Day Schedule

CLASSES ARE SUBJECT TO CHANGE

Summer 2008

June 23rd to Aug. 17th

Revised 6/16/2008

Group Fitness Studio		Pool		Descriptions
8:30-9:25	AOA Strength & Stability (GF) Pat			AOA (Active Older Adult) Strength & Stability —By doing strength and stability exercises regularly you can help reduce your risk of injury from an accident. This circuit class incorporates balance techniques with strength exercises. Over time you will notice that you will feel steady and more confident when you move and engage in daily activities.
		10:00-11:00	Aquacize (P)	Aquacize —Very enjoyable class. Exercises are done in the pool, which puts less stress on your joints. Class spends time in shallow and deep water but you may stay wherever you like. You do not have to know how to swim to take class. Floatation devices are provided.
10:30-11:25	Yoga (GF) Peggy	11:00-12:00	Open Swim (P)	Chair Yoga —The gentlest form of yoga. As yoga poses are typically done on the floor, Chair Yoga is easier on those less limber muscles. It is for people with high blood pressure, anxiety, chronic fatigue syndrome, arthritis, vertigo, multiple sclerosis, carpal tunnel syndrome, chronic pain and for those that find it difficult to get up and down from the floor. *This class is held every first Friday of the month.
11:30-12:30	Senior Fitness 1 st of month Chair Yoga (GF) Peggy			Senior Fitness - This low impact cardio workout is designed with the older adult in mind. You will start out with a warm-up and stretch, easy to follow cardio for about 20 minutes, then muscle strengthening, and end with cool down/relaxation.
				Weight & Fitness Center - can be used at anytime on Friday.
				Yoga - A fit and supple body is developed through the practice of postures (asanas). The asanas are taught with attention to correct positioning of the body so that each individual part as well as the various physiological systems can function to their best potential. Standing postures are emphasized in this class.
			<p>KEY</p> <p>(GF) Group Fitness Studio (G) Gym (L) Lobby (P) Pool (S) Scribner Room (W) Weight & Fitness Ctr.</p>	

Morristown Memorial Hospital/Atlantic Health System will be at the YMCA for the following screenings:

Skin Cancer Screening, Look in the Dermascan, Tuesday, June 24th, 10 AM to 1 PM - FREE

Respiratory Screening, Thursday, July 10th, 10 AM to 1 PM - FREE

Bone Density Screening, Thursday, Aug. 7th, 10 AM to 1 PM \$10 per person (cash or check) - REGISTRATION REQUIRED, 1-800-247-9580 or www.atlantichealth.org

Lakeland Hills YMCA
100 Fanny Road
Mountain Lakes, NJ 07046
973-334-2820
Hot Line 973-334-0091
www.lakelandhillsymca.com