

Senior Adult Programs



YMCA

We build strong kids,
strong families, strong communities.

OCTOBER, 2009

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>COA POOL TIME TUES/THURS 1 PM—3 PM City of Alpharetta (COA) Residents, Age 60+ may use the pool facilities free of charge.</p>	<p>* These classes utilize the COACH APPROACH— an exercise support process for those new to group exercise.</p>	<p>PLEASE WATCH THE SENIOR BOARD FOR NOTICES; IT IS LOCATED JUST OUTSIDE THE SWIMMING POOL AND YOU FACE IT WHEN YOU WALK DOWN THE STEPS.</p>	<p>1 9:15 Water Stretch/Flex * 9:45 Pilates* 10:00 Water Fibro Fitness 12:00 Strength Training 1:00 Sr. Water Fitness*</p>	<p>2 <u>SENIOR COOKOUT</u> 9:30 Water Pilates 9:30 Water Stretch/Flex*</p>
<p>5 9: 45 Water Pilates * 11:00 Sculpt & Stretch* 1:00 Water Stretch/Flex* 6:15 Water Stretch / Fibro Fit</p>	<p>7 9:15 Water Stretch/Flex 9:45 Pilates* 10:00 Water Fibro Fitness * 12:00 Strength Training 1:00 Sr. Water Fitness*</p>	<p>8 9:45 Water Pilates 11:00 Sculpt/Stretch * 1:00 Water Stretch/Flex* 6:30 Water 20/20</p>	<p>9 9:15 Water Stretch/Flex * 9:45 Pilates* 10:00 Water Fibro Fitness 12:00 Strength Training 1:00 Sr. Water Fitness*</p>	<p>10 <u>Senior Members'</u> <u>Book Club</u> 9:45 Water Pilates 1:00 Water Stretch/Flex*</p>
<p>12 9: 45 Water Pilates * 11:00 Sculpt & Stretch* 1:00 Water Stretch/Flex* 6:15 Water Stretch / Fibro Fit</p>	<p>13 9:15 Water Stretch/Flex 9:45 Pilates* 10:00 Water Fibro Fitness * 12:00 Strength Training 1:00 Sr. Water Fitness*</p>	<p>14 9:45 Water Pilates 11:00 Sculpt/Stretch * 1:00 Water Stretch/Flex* 6:30 Water 20/20</p>	<p>15 9:15 Water Stretch/Flex 9:45 Pilates* 10:00 Water Fibro Fitness 12:00 Strength Training 1:00 Sr. Water Fitness*</p>	<p>16 9:45 Water Pilates 1:00 Water Stretch/Flex*</p>
<p>19 9: 45 Water Pilates * 11:00 Sculpt & Stretch* 1:00 Water Stretch/Flex* 6:15 Water Stretch / Fibro Fit</p>	<p>20 9:15 Water Stretch/Flex 9:45 Pilates* 10:00 Water Fibro Fitness * 12:00 Strength Training 1:00 Sr. Water Fitness*</p>	<p>21 9:45 Water Pilates 11:00 Sculpt/Stretch * 1:00 Water Stretch/Flex* 6:30 Water 20/20</p>	<p>22 9:15 Water Stretch/Flex 9:45 Pilates* 10:00 Water Fibro Fitness 12:00 Strength Training 1:00 Sr. Water Fitness*</p>	<p>23 9:45 Water Pilates 1:00 Water Stretch/Flex*</p>
<p>26 9: 45 Water Pilates * 11:00 Sculpt & Stretch* 1:00 Water Stretch/Flex* 6:15 Water Stretch / Fibro Fit</p>	<p>27 9:15 Water Stretch/Flex 9:45 Pilates* 10:00 Water Fibro Fitness * 12:00 Strength Training 1:00 Sr. Water Fitness*</p>	<p>28 9:45 Water Pilates 11:00 Sculpt/Stretch * 1:00 Water Stretch/Flex* 6:30 Water 20/20</p>	<p>29 <u>Carterville Adventure</u> 9:15 Water Stretch/Flex 9:45 Pilates* 10:00 Water Fibro Fitness 12:00 Strength Training 1:00 Sr. Water Fitness*</p>	<p>30 9:45 Water Pilates 1:00 Water Stretch/Flex*</p>

Our YMCA Seniors — OCTOBER, 2009

FOR CLASS DESCRIPTIONS AND CLASS SCHEDULES, PLEASE SEE THE CURRENT GROUP FITNESS BROCHURE. THESE ARE AVAILABLE AT THE GUEST SERVICE DESK.

Please Note: Members of Fibromyalgia Fitness Classes— you must sign in at the guest service desk before or after taking the class.

KNITTING/CROCHETING CLASS is held in the Teen Center every Thursday
At 10:00 to 11:30 — Nancy Elgart, Instructor

SENIOR STRENGTH TRAINING CLASS — TUESDAY AND THURSDAYS AT 12:00—Climbing Wall Room

CITY OF ALPHARETTA (COA) RESIDENTS, AGE 60+ MAY USE THE POOL FREE OF CHARGE

COA POOL TIME

TUESDAY/THURSDAY 1:00 PM TO 3:00 PM

-----ACTIVITIES-----

Oct. 2, Friday — COOKOUT and CUT-THROAT BINGO — RAIN OR SHINE —
HERE AT THE YMCA — 11:00 a.m. to 1:30 p.m.

A sign-up sheet is on the Senior Board. Please read the information posted on the Senior Board. Join us for a delicious cookout and play Cut-Throat Bingo.

Oct. 29, Thursday — Day Trip to Cartersville, Georgia. More information is On the Senior Board. We must have 18 people signed up by October 8 In order for the group to take the trip. Please join us.

(The date for the Atlanta Zoo has been changed to November)

Nov. Date to be determined — ATLANTA ZOO — "Join us in a back stage tour"

Watch for information which will be posted on the Senior Board.

If you have questions, please call Shirley Sutton at 770 663-3557, leave a message and your phone number so she may return your call; or see the IAY website at IAY.ymcaatlanta.org (no. www.)