

# ForeverWell (55+) Class Descriptions

## ACTIVE OLDER ADULT\* M/W/F 8:15–9A IN STUDIO A

Similar to SilverSneakers, Active Older Adult is designed for those looking for a great workout, and camaraderie. The class is joint friendly and appropriate for individuals who exercise regularly, as well as those new to exercise or who may not have exercised in years. The exercises in this class are designed to improve your strength, flexibility, balance and coordination.

## SILVERSNEAKERS\* M/T/W/TH 10:15–11A IN STUDIO A

Increase muscle strength and range of movement, and improve activities for daily living. You'll have a chair for seated exercises and standing support. Your instructor can modify the exercises for your fitness level.

## CHAIR FLOW\* T/TH 11:–12P & F 10:15–11A IN STUDIO A

Chair Flow is inspired by Vinyasa, which synchronizes movement with breath, flowing from one move to the next. This class will help you build strength, increase flexibility, and find focus through deep breathing. This class is ideal for those experienced with yoga and anyone new to this exercise and interested in its benefits. Please bring Yoga mat and props if you have them.

*\*Group Fitness Classes are FREE as a member benefit, and are available first come, first serve. Non-Members can now also attend if they purchased a day pass. There's no need to pre-register, simply show up, and find a spot.*

## WALKING WITH FRIENDS\* EVERY THURSDAY 11:30–12:30P

~ MEET IN LOBBY Please Register ahead of time at the front desk. \$5 fee/month\*.

Put on your shoes, step out the door, head to your South Wood County YMCA and rediscover the joys of walking together! *Walking With Friends* walking club will be a great way to connect with other Y members and to participate in low impact exercise together. \*\*\* Be prepared to walk outside, unless weather isn't cooperating, then meet in the YMCA lobby and walk the track together. (\*Fee goes towards monthly potluck or walking incentives)

**\*YOU DO NOT HAVE TO BE A PARTICIPANT OF FOREVERWELL TO ENJOY THESE CLASSES**

## FOREVERWELL (55+)

As a leading voice on improving overall health, the Y accepts the responsibility to find ways to serve our aging population, not only for individual health and well-being, but for overall community health. The South Wood County YMCA encourages all adults to develop behavior that is crucial to healthy aging, including healthy eating, physical activity and social interaction.

We will have ForeverWell weekly activities or events open to all Y members 55+.

*Every Monday 11:15–12:15p in the teaching kitchen .*

**1st Week– Forever Gaming**

**2nd Week– Forever Learning**

**3rd Week– Forever Creating**

**4th Week– ForeverWell Potluck**

**5th Week– Fun at the Boys & Girls Club**

ForeverWell Coordinator:

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