

YHEALTH & FITNESS™

We build strong kids, strong families, strong communities.

Garland Family YMCA Group Exercise Schedule Summer 2010

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30am	Silver Sneakers II®		Silver Sneakers II®		Silver Sneakers II®	
9:00am		Water Aerobics		Water Aerobics		
9:30am	Silver Sneakers I®		Silver Sneakers I®		Silver Sneakers I®	Zumba
6:30pm	Zumba	Pilates	Zumba	Pilates		
7:30pm	Aerobics					

SilverSneakers® I – Muscular Strength & Range of Movement — Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance; and a chair is used for seated and/or standing support.

SilverSneakers® II - Cardio Circuit — Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength work with hand-held weights, elastic tubing with handles and a ball is alternated with non-impact aerobic choreography. A chair is offered for support, stretching and relaxation exercises.

Pilates — This class incorporates so much of what people need. It is a mat workout which focuses on core strength while toning the whole body.

Aerobics — This class incorporates a variety of different methods for a great cardio workout.

Water Aerobics — This class uses water to increase agility, range of motion and cardiovascular conditioning as well as developing strength, balance and coordination. No swimming ability required.

Zumba® — A latin inspired dance fitness class with body-moving music that makes this a dynamic, exciting and effective fitness system.

Garland Family YMCA * 1709 N. Garland Ave, Garland, TX 75040 * 972-272-3484 * www.garlandymca.com
Financial Assistance is available please ask for details.

The mission of the YMCA of Metropolitan Dallas is to put Christian values into practice through programs that build healthy spirit, mind and body for all.