

YHEALTH & FITNESS™

We build strong kids, strong families, strong communities.

Garland Family YMCA Group Exercise Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00am		Silver Sneakers® Yoga Stretch				
8:30am	Silver Sneakers II®		Silver Sneakers II®		Silver Sneakers II®	Cardio Step & Sculpt
9:00am		Silver Splash/ Water Aero- bics		Silver Splash/ Water Aero- bics		
9:00am		Silver Sneakers I®		Silver Sneakers I®		
9:30am	Silver Sneakers I®		Silver Sneakers I®		Silver Sneakers I®	Strength & Stretch
10:00am				Silver Sneakers® Yoga Stretch		
6:30pm		Pilates		Pilates		
7:00pm	Aerobics		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.

SilverSneakers® SilverSplash®/Water Aerobics — Activate your aqua exercise urge for variety! SilverSplash® offers LOTS of fun and shallow water moves to improve agility, flexibility and cardiovascular endurance. No swimming ability is required, and a special SilverSneakers® kickboard is used to develop strength, balance and coordination.

SilverSneakers® YogaStretch—YogaStretch will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and a final relaxation will promote stress reduction and mental clarity.

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.

Cardio Step & Sculpt — A combination of cardio exercises on the floor and on the step alternating with weight training.

Strength & Stretch — A combination of exercises to strengthen and stretch the muscles using weights and bands.

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.