

YACTIVE OLDER ADULTS™

We build strong kids, strong families, strong communities.

Schedule of Events:



March 4th

Member Appreciation Day. Even though St. Patrick's Day is March 17th, we'll celebrate early and then enjoy the "Luck "O the Irish" the rest of the month. We are highlighting our March birthdays!



March 9 at Noon OWLS Luncheon at First Methodist— Please come join us and ride with us on the YMCA bus to hear Johnny High's most popular performer, Michael Hix. **Please sign up at the Welcome Center.**



Rescheduled Sweetheart Luncheon Friday, March 19 at 11:30 am

Come join us at noon for lunch and entertainment provided by Theater Arlington's Tag Players. Please bring a friend. **Pre-registration required.** Cost: \$5/person






Lunch and Learn—Thursday, March 25 at Noon

Come bring a friend and join us for a luncheon seminar on Genealogy with Martha Meyer. Seminar Is FREE, but luncheon reservations required: \$5/person **Please pre-register at the Welcome Center.**

For more information, contact Sharon Carter at 817.274.9622 or sharonc@ymca-arlington.org.

March, 2010



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Strength & Endurance 9:35am Chair Yoga 9:35 Keep It Simple Zumba 5:00pm Spin 6:00pm	2 Yoga with Nancy 8:30am Basic Strength & Endurance 9:30am CardioMix 10:20am Yoga 7:00pm	3 Zumba Gold 9am Keep it Simple Stretch 9:45	4 Chair Yoga 8:45 Basic Strength & Endurance 9:15am Tai Chi 10:15am Strength & Endurance 10:05am 	5	6
7	8 Strength & Endurance 9:35am Chair Yoga 9:35 Zumba 5:00pm Keep It Simple Spin 6:00pm	9 Yoga @ 8:30am Basic Strength & Endurance 9:30am CardioMix 10:20am Yoga 7:00pm 	10 Zumba Gold 9am Keep it Simple Stretch 9:45	11 Chair Yoga 8:45 Basic Strength & Endurance 9:15am Tai Chi 10:15am Strength & Endurance 10:05am	12	13
14	15 Strength & Endurance 9:35am Chair Yoga 9:35 Zumba 5:00pm Keep It Simple Spin 6:00pm	16 Yoga with Nancy 8:30am Basic Strength & Endurance 9:30am CardioMix 10:20am Yoga 7:00pm	17 Zumba Gold 9am Keep it Simple Stretch 9:45	18 Chair Yoga 8:45 Basic Strength & Endurance 9:15am Tai Chi 10:15am Strength & Endurance 10:05am	19 Sweetheart Luncheon with Tag Players Rescheduled 	20
21	22 Strength & Endurance 9:35am Chair Yoga 9:35 Zumba 5:00pm Keep It Simple Spin 6:00pm	23 Yoga with Nancy 8:30am Basic Strength & Endurance 9:30am CardioMix 10:20am Yoga 7:00pm	24 Zumba Gold 9am Keep it Simple Stretch 9:45	25 Chair Yoga 8:45 Basic Strength & Endurance 9:15am Tai Chi 10:15am Strength & Endurance 10:05am 	26  Participants Accepted	27
28						

Greetings,

For “US” mature adults, exercise will help us stay healthy and independent and avoid problems as we grow older. The National Institute of Health recommends four types of exercise we need to include in our exercise routine. (1) [Strength exercises](#) build older adult muscles and increase your metabolism, which helps to keep your weight and blood sugar in check. (2) [Balance exercises](#) build leg muscles, and this helps to prevent falls. According to the NIH, U.S. hospitals have 300,000 admissions for broken hips each year, many of them seniors, and falling is often the cause of those fractures. [Stretching exercises](#) can give you more freedom of movement, which will allow you to be more active during your senior years. Stretching exercises alone will not improve your endurance or strength. [Endurance exercises](#) are any activity—walking, jogging, swimming, biking, even raking leaves—that increases your heart rate and breathing for an extended period of time. Build up your endurance gradually, starting with as little as 5 minutes of endurance activities at a time. We have all four types of exercise available for you by participating in our group exercise classes and working out on your own on our equipment. Please ask any staff if you have questions regarding your wellness routine. We will be glad to get an answer for you from our expert instructors.

Regards,

Sharon Carter and Jen Baron

Active Older Adult Class Descriptions

Basic Strength N Endurance: This class focuses on strength and range of movement through a multi-level conditioning exercise format geared toward the mature adult population. Weights, resist-a-bands, balls, and mats are utilized as an instructor guides you through appropriate form and repetition.

Tai Chi: A great mind, spirit, and body experience that will increase balance, coordination, and concentration with precisely controlled movements designed to flow one into the other.

Chair Yoga: Flexibility, muscular endurance, and mental focus are enhanced through the use of breathing techniques and yoga postures.

Zumba Gold: The YMCA's newest dance phenomenon! Tighten and tone your core with these hip-rolling moves inspired by multi-national dance. Low-impact but powerful – be prepared to sweat and love it!

Indoor Cycling: (SPIN) Instructors offer continuous coaching in this stationary-cycle format with motivating and power-packed music! Intensity can be modified to accommodate ALL fitness levels. Please arrive 5 minutes early to assist with bike setup. Water bottles, sweat towels, and gel seats or padded bike shorts are recommended, but not required.

Keep it Simple Stretch: A simple, basic combination of Yoga and mat Pilates. Pilates is a specialty exercise format based on concepts developed by Joseph Pilates. Traditional Pilate's exercise utilizes a mat and your body weight with occasional small apparatus to train the Powerhouse for greater length and stability. A definite must for creating strength and balance throughout the body. Enhance strength while lengthening the muscles. Benefits can include improved posture, flexibility, & physical awareness. Great for stress reduction! Appropriate for all fitness levels.

Cardio Mix: A class designed to provide you with an intense and efficient workout experience! Several different formats may be utilized to train both the cardiovascular and muscular components of fitness in a compressed exercise program.

Make sure to join us throughout the month for our various activities and classes.