



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# BE A PART OF SOMETHING BIGGER

## Active Older Adult Programs GREATER SCRANTON YMCA

### SilverSneakers

This fitness class, for anyone 65 and older, helps increase muscular strength, flexibility, balance and coordination. Participants use balls, tubing, and light weights. This is a very popular class that is both productive and fun

Tuesday/Thursday: 10:00 - 11:00 a.m. (Silver Sneakers I)

### Zumba Gold

Zumba Gold is a Latin dance workout with a party-like atmosphere, designed for the active older adult. The class builds cardiovascular Health by challenging and working the muscles of the hips, legs, and Arms with dance moves.

Monday: 10:00 - 11:00 a.m.

Saturday: 9:30 - 10:30 a.m.

### Easy Does It (Active Older Adult Gym Class)

Designed for the "Over 50" crowd. Helps build the cardiovascular system, strengthen muscles, and improve flexibility. We recommend you consult your physician prior to participation.

Wednesday: 10:00 - 11:00 a.m.

Friday: 9:00 - 10:00 a.m.

### Yoga Stretch/Chair Yoga

Senior Yoga Stretch is taught from both seated and standing positions to enhance the flow of energy created in combination with restorative breathing exercises. Helps improve flexibility and balance.

Saturday:: 10:30 - 11:30 a.m.

Wednesday: 9:00 - 10:00 a.m.

## SENIOR CLUB

Fellowship! Fun! Food!

Meetings are held the  
2nd Monday of each  
month at 1:00 p.m., lunch  
\$7.00 per person.

Guest speaker monthly.

Come join the gang and  
have FUN!

### Strong and Balanced

Enhance your muscle strength, balance and flexibility! This class combines slow movement and weights. Geared towards older adults.

Monday: 9:00 - 10:00 a.m.

GREATER SCRANTON YMCA

706 North Blakely Street, Dunmore PA 18512

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