


Fitness

September 2023 Fitness Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
Hybrid 10:15 to 11:15 am \$3 per class Low Impact Exercise with Dolores*	Hybrid 9:00 to 9:50 am \$3 per class Yoga Strength & Stretch with Melinda*	Hybrid 10:15 to 11:15 am \$3 per class Low Impact Exercise with Lynne*	Hybrid 9:00 to 10:00 am \$3 per class Strength Stretch & Balance with Jo*	10:15 to 11:15 am Healthy Bones & Balance with Carrie
Hybrid 1:30 to 2:30 pm Tai Chi Beyond Beginner Level with Denise	10:15 to 11:15 am Healthy Bones & Balance with Carrie			
Hybrid 2:45 to 3:45 pm Tai Chi Beginner Level with Denise	* Class is taught by HRYMCA instructor. Classes are \$3.00/class, unless otherwise noted. Financial assistance is available to those who qualify.			

Fitness Center

Opening hours
 Monday, Wednesday, Thursday, & Friday
 8:00 am to 3:45 pm

Tuesday
 8:00 am to 6:45 pm

Membership is required please stop at the front desk for more information.

Financial assistance is available for those who qualify.

Class Descriptions

Hybrid - HRYMCA Low Impact Exercise * Monday or Wednesday, 10:15 to 11:15 am

Aerobic dance benefits both the body and the brain! After a gentle warm-up, participants in this class will get their feet moving and hearts pumping with easy-to-follow movements that can be done standing or seated. The focus during the 20-minute aerobic section will be on fun and finding your own groove to songs from the 50s, 60s, and 70s, with some Broadway and current pop hits mixed in. Strength and balance exercises will follow, using dumbbells and chairs as needed. This total body workout finishes with relaxing stretches and deep breathing.

Hybrid - Tai Chi - Beyond Beginner Level Mondays, 1:30 to 2:30 pm

Free Residents | \$5 Non-residents

If you already know the basics of Tai Chi come in and join us in-person or enjoy the class on zoom. The link is available in My Active Center.

Hybrid - Tai Chi - Beginner Level Mondays 2:45 to 3:45 pm

Free Residents | \$5 Non-residents

Come in and join us in-person to learn the basics of Tai Chi or enjoy the class on zoom. The link is available in My Active Center.

New Class

Hybrid - HRYMCA Yoga Strength & Stretch* Tuesdays, 9:00 to 9:50 am

Improve strength and balance while increasing flexibility, reducing stress and calming the mind in this yoga class designed to be easy on the joints. Classes include a gentle warm-up, balance exercises and postures, and active flow from one pose to the next with a focus on the breath, alignment and core strength. Participants will mostly be standing or seated in a chair with occasional optional floor work. Grippy yoga mats are recommended for stability in standing poses and for floor work.

Healthy Bones & Balance

Tuesdays or Fridays, 10:15 to 11:15 am

Increase your strength, mobility, flexibility and balance in this fun and free class run by the RSVP program. Drop In only, limit of 25 spaces, we encourage you to arrive early to ensure a spot! We understand there may be days when you come to the Center and all spots are taken. Once you sign into the kiosk, we ask that you take a number out of the bowl and bring it into the class with you.

Hybrid - HRYMCA Strength, Stretch & Balance* Thursdays, 9:00 to 10:00 am

Class begins with a gentle range of motion movements, in preparation for static and dynamic balance challenges. A brief cardio session will follow, in preparation for upper and lower body strength training, with attention given to supportive postural alignment. Upbeat music provides fun background energy and makes the time fly by! Dumbbells and ankle weights are encouraged but not necessary. Class ends with a series of gentle stretches from head to toe after which we are ready to greet the challenges of the day!

Important updates

~ No Classes Monday September 4th
 ~Rooms may change throughout September due to work in the center.

