

Active Older Adults Fitness Schedule

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:00am	Cardio / Step (FS)	Balance & Beyond (FS)	*Yoga Flow (FS)	Zumba Mix (FS)	Balance & Beyond (FS)	
8:30am	Shallow H2O	Combo H2O	Shallow H2O	Deep H2O	Shallow H2O	Combo H2O
	Deep H2O		Deep H2O		Deep H2O	
9:15am	Deep H2O	Deep H2O Works	Deep H2O Works	Deep H2O	Deep H2O	H2O Fit
9:20am	H2O Balance		*H2O Balance		*Aqua Zumba	
10:00am	AOA Lap Swim	Arthritis Aquatics 45 min. class	AOA Lap Swim	Arthritis Aquatics 45 min. class	AOA Lap Swim	
10:15am	AFEP (RC)	(10:45 – 12:30) AOA Lap Swim	AFEP (RC)	(10:45 – 12:30) AOA Lap Swim	AFEP (RC)	
11:00am	AOA Low Impact (FS)		AOA Low Impact (FS)		AOA Low Impact (FS)	
12:00pm	Gentle Yoga (FS)		Gentle Yoga (FS)		Gentle Yoga (FS)	
2:00pm	Arthritis Aquatics 45 min. class		Arthritis Aquatics 45 min. class		Arthritis Aquatics 45 min. class	
6:00pm	6:30pm H2O Fit/Deep	H2O Aerobics	6:30pm H2O Fit/Deep	H2O Aerobics		

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Potlucks, lectures and trips are scheduled throughout the year. There is an additional fee for field trips. Contact Lana Denson for dates and destinations.

*red = new class

Financial assistance and income based memberships available

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.

Land Fitness Classes

A.F.E.P. (Arthritis Foundation Exercise Program): Developed by the Arthritis Foundation, this chair and standing exercise class addresses range of motion, endurance, and relaxation.

AOA Low Impact: This class is designed for the active older adult 60+ or anyone that needs low impact cardio. It also includes strength and flexibility.

Balance & Beyond (advanced): Improve your core stability and balance by using a variety of tools such as balls, bands and other equipment.

Cardio / Step: This is still a low impact and basic step combo.

Gentle Yoga: Designed to help you lengthen muscles, improve your balance, increase flexibility, and reduce stress.

Strength*Cycle*Stretch: Get motivated and educated on how to safely, effectively and efficiently improve your workouts.

Yoga Flow (Beginner): is a gentle way to learn Yoga Flow postures. It links postures together in a sequence of movements that "flow" with the breath that energizes the body.

Zumba / Mix: It's party time! Let's dance! (Style of dance may vary depending on instructor.)

H2O Fitness Classes

Ai-Chi: Tai Chi in water (summer only)

AOA Lap Swim: We have set times in the pool to swim or H2O walk. Please see pool schedule for times.

Aqua Zumba: Dance in the water!

Arthritis Aquatics: Effective way to improve joint range of motion and increase endurance using both the shallow and deep water

Combo H2O: Shallow and deep water segments using water's resistance and equipment

Deep H2O: No-impact workout. Using a flotation belt improve flexibility, muscle strength, endurance, and cardio. Intermediate+ level

H2O Aerobics: High-energy workout, shallow and deep water segments, Intermediate + level

H2O F.I.T./H2O Run: Powerful use of deep water and the full length of the pool for cardio and endurance training. Intermediate + level

Water Balance and Strength: Work on improving balance, strengthen core muscles, increasing flexibility, and muscle endurance.

Shallow H2O: Low impact, conditioning class using natural resistance of water to increase muscle strength, endurance and flexibility.