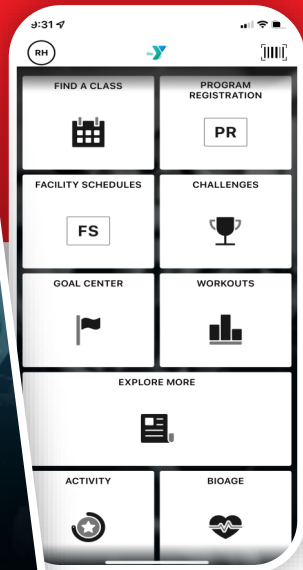


## GROUP EXERCISE & WATER EXERCISE CLASS RESERVATIONS

Reservations are required to guarantee your spot in class. Reserve your spot up to one week in advance of an upcoming class.

Download our mobile app. Search: "Marshfield YMCA" available on the app store or google play. Select "Find a Class" from the home screen to access our reservation page.

The first time you use the reservation system, it will ask you to register using your name, email address, and password of choice. This will ensure you have a dedicated spot in our upcoming class offerings, and also allow access to add yourself to a waitlist for a class or cancel your upcoming reservation. Written instructions are available at the Y's Welcome Center or on our website.



## GROUP EXERCISE & WATER EXERCISE FEES

### Y-MEMBERS: FREE

Reservations are required to guarantee your spot in class. Reserve your spot up to one week in advance of an upcoming class. Download our mobile app to access our registration page.

### NON-MEMBERS: DAY PASS FEE

Individual = \$10  
Family = \$25

### CONTACT

Matt Stuefen  
Healthy Living Director  
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## MARSHFIELD CLINIC HEALTH SYSTEM YMCA

410 West McMillan Street  
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# FEELING GREAT NEVER GETS OLD



## MARSHFIELD CLINIC HEALTH SYSTEM YMCA

## Active Older Adults Classes & Programs

# NOVEMBER 2024

# HEALTH & WELLNESS

## HEALTHY LIVING CENTER ORIENTATION

We understand that your first time on the fitness floor might be a little confusing, maybe even a little intimidating. To help you navigate through the equipment, we encourage all new (or current) members to participate in a Healthy Living Center Orientation. Led by a qualified Wellness Coach, this orientation will introduce you to our cardio and selectorize strength equipment, teaching you about equipment set up, proper form and technique, and safety. This is a one time appointment for up to one hour. Contact Membership staff to schedule an appointment. FREE to Y Members. For a more personalized equipment/workout program, please inquire about Personal Training.

## STRENGTH TRAINING CENTER ORIENTATION

Strength Training Orientations are designed to introduce members to the variety of equipment available in the Strength Training Center. It will cover a basic overview of equipment including functionality and purpose, strength training guidelines, equipment set up and proper form and technique. Strength Training Center orientations are by appointment only. Contact Membership staff to schedule an appointment. FREE to Y Members. For a more personalized equipment/workout program, please inquire about Personal Training.



# GROUP EXERCISE CLASSES

Specifically designed for the Active Older Adult. See our Group Exercise Classes brochure for additional options.

## 30/30

A low impact workout with options for added intensity for 30 minutes, followed by light strength training and stretching for 30 minutes. Participants are required to bring their own yoga mat.

Tuesdays & Thursdays 8:15 - 9:15 am

## CHAIR ZUMBA

Enjoy a modified Zumba experience with reduced intensity, incorporating a chair for added support. This choreography promotes balance, enhances range of motion, and boosts coordination.

Mondays 8:15 - 9:00 am

## SCULPT & STRETCH

This total body blend of strength and core work uses Pilates, barre, and low impact strength and toning work to build muscle, develop balance, and increase energy. Finish class with a full body stretch to increase your flexibility.

Wednesdays 9:30 - 10:30 am

## STRONG YOU

This workout includes seated and standing exercises using a variety of handheld equipment. Strong You can help increase muscle strength, bone density, and improve motor skills.

Mondays & Fridays 10:15 - 11:00 am

## YOGA

Yoga builds a strong body, mind and spirit. This class incorporates Yoga postures, breathing exercises and a mind focus to improve balance, strength and flexibility. Yoga props are offered to safely perform exercises. Participants are required to bring their own yoga mat.

Tuesdays & Thursdays 8:15 - 9:15 am

Wednesdays 4:00 - 5:00 pm

Thursdays 5:30 - 6:30 pm

## ZUMBA GOLD

A modified Zumba class that recreates the original moves you love at a lower intensity and easy-to-follow choreography that focuses on balance, range of motion and coordination.

Wednesdays 8:15 - 9:15 am

# WATER EXERCISE CLASSES

## AQUA ZUMBA

Integrating the Zumba formula and philosophy with traditional aqua fitness disciplines, Aqua Zumba blends it all together into a safe, challenging, water-based workout that's cardio-conditioning, body-toning, and most of all, exhilarating beyond belief.

Tuesdays & Fridays 8:00 - 8:45 am

## ARTHRITIS AQUATIC EXERCISE

This therapeutic, non-impact class uses the buoyancy of water to support your body, reducing stress on weight bearing joints while improving flexibility and muscle tone. Appropriate for those impacted by arthritis, posture and balance issues, orthopedic/neuromuscular conditions or other physical limitations.

Thursdays & Fridays 8:30 - 9:15 am

## SENIOR WATER EXERCISE

This class improves flexibility, range of motion, balance, and cardiovascular health without the stress of weight bearing on joints in the shallow water of our small pool.

Mondays & Wednesdays 8:30 - 9:15 am

Wednesdays 12:00 - 12:45 pm

Fridays 9:20 - 10:05 am

## SILVERSNEAKERS SPLASH

This shallow-water exercise class uses a signature splashboard for stability and resistance training. Splash is suitable for all skill levels and non-swimmers. The aquatic environment provides many benefits for range-of-motion, aerobic and resistance training.

Tuesdays 8:30 - 9:15 am

Wednesdays 9:30 - 10:15 am

# SILVERSNEAKERS FITNESS CLASSES

The YMCA is the #1 provider in the area of the SilverSneakers Fitness Program, an innovative health, exercise, and wellness program helping older adults live healthy, active lifestyles. A SilverSneakers membership at the Marshfield Clinic Health System YMCA is available at no cost for adults 65+ through select Medicare plans. Contact the Y for more information at 715.387.4900.