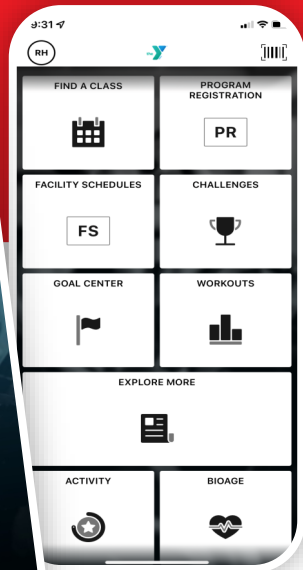


GROUP EXERCISE & WATER EXERCISE CLASS RESERVATIONS

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
715.996.1831
mstuefen@mfldymca.org

MARSHFIELD CLINIC HEALTH SYSTEM YMCA

410 West McMillan Street
Marshfield, WI 54449
P: 715.387.4900
www.mfldymca.org



TOGETHER ENRICHING LIVES



Marshfield Clinic
Health System



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FEELING GREAT NEVER GETS OLD



MARSHFIELD CLINIC HEALTH SYSTEM YMCA

Active Older Adults Fitness Offerings

ACTIVE OLDER ADULTS (AOA) OVERVIEW

Age is just a number! It is never too late to start exercising. Active Older Adults (AOA) at the YMCA experience a strong sense of belonging and create a network of friends who provide support for sustained health and well-being.

Through on-going, fun, safe, and engaging programs, AOA members build relationships and increase their self-confidence while celebrating the successes of each adult within their community. All older adults and seniors benefit from engaging in Y activities that enhance connections and decrease a sense of isolation.

AOA FITNESS OFFERINGS FREE CLASSES DESIGNED FOR MEMBERS AGES 55+

CARDIO

Get your heart rate up during a fun conditioning class that includes cardio, balance, flexibility.

STRENGTH

Build muscle, increase endurance, and improve fitness through diverse, instructor-led workouts for all levels.

YOGA

Focus on breathing and stretching along with a series of standing, sitting, and supine poses for a relaxing and meditative experience.

WATER EXERCISE

Enhance fitness and well-being through low-impact, instructor-led workouts that build strength, flexibility, and endurance.

LEARN MORE



GROUP EXERCISE CLASSES

30/30

30 minutes of low impact exercise, followed by light strength training and stretching for 30 minutes. Participants are required to bring their own yoga mat.

AOA CIRCUIT (formerly SilverSneakers Classic on Fridays)

Experience standing/seated, low-impact choreography alternated with standing/seated upper-body strength work. Suitable for nearly every fitness level. Your instructor can adapt the exercises depending on your skill.

AOA CIRCUIT LITE (formerly SilverSneakers Classic Lite)

Same structure as AOA Circuit but less intense and modified depending on fitness levels.

AOA STRENGTH & STABILITY

(formerly SilverSneakers Strength & Stability)

Use a variety of equipment to increase range of motion, strength, flexibility, and balance. Designed for fall prevention.

AOA STRENGTH & STABILITY LITE

(formerly SilverSneakers Strength & Stability Lite)

Same structure as AOA Strength & Stability but less intense and modified depending on individual skill levels.

AOA YOGA (formerly SilverSneakers Yoga)

Move through floor, seated, and standing yoga poses designed to increase flexibility, balance, and range of movement. Finish with restorative breathing exercises and final relaxation to promote reduced stress and mental clarity.

AOA YOGA LITE (formerly SilverSneakers Yoga Lite)

Same structure as AOA Yoga but does not include yoga poses on the floor.

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.

SILVERSNEAKERS CLASSIC®

Increase muscle strength and range of movement and improve activities for daily living. You'll have a chair for seated exercises and standing support. Your instructor can modify exercises for your fitness level.

STRONG YOU

Move through seated and standing exercises using a variety of handheld equipment designed to increase muscle strength, bone density, and improve motor skills.

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.

WATER EXERCISE CLASSES

AOA 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.

AQUA SPLASH (formerly SilverSneakers Splash)

This shallow-water exercise class uses a 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.

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.

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.



AOA fitness offerings are updated on a monthly basis. Monthly schedules can be found at the YMCA Welcome Center or online at mfldymca.org. Schedules are subject to change without notice. For the most up-to-date information, please use our YMCA app for iOS or Android devices.