



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Welcome to the Meriden YMCA. We have a variety of classes to help you improve your strength and flexibility whether you are new to exercise, are getting back into it, or exercise regularly.

Monday

- Aqua Aerobics 8:30 a.m., 9:15 a.m., 7:30 p.m.
- Fit Senior Cardio Circuit 8:15 a.m.
- ZUMBA Gold 10:30 a.m.
- SilverSneakers Yoga 11:00 a.m.

Tuesday

- Aqua Aerobics 8:30 a.m., 9:15 a.m., 7:30 p.m.
- Tai Chi 10:45 a.m.

Wednesday

- Fit Senior Yoga 8:15 a.m.
- Aqua Aerobics 8:30 a.m., 9:15 a.m., 7:30 p.m.
- ZUMBA Gold 9:00 a.m.
- Silver Sneakers Circuit 11:00 a.m.

Thursday

- Aqua Aerobics 8:30 a.m., 9:15 a.m., 7:30 p.m.
- SilverSneakers Classic 10:45 a.m.
- Tai Chi 6:30 p.m.

Friday

- Fit Senior Strength Training 8:15 a.m.
- Aqua Aerobics 8:30 a.m., 9:15 a.m.
- SilverSneakers Circuit 11:00 a.m.
- SilverSneakers Splash 12:30 p.m.

MERIDEN YMCA

110 West Main Street Meriden, CT 06451

P 203 235 6386 **F** 203 634 6517 www.meridenymca.org

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Exercise class descriptions

Fit Senior Yoga-Fit is a celebration of life. This chair workout focuses on the fundamentals of Yoga through breathing, stretching, and balancing the mind, body, and soul.

Fit Senior Strength Training is designed to help seniors increase strength, mobility and flexibility using hand held weights and resistance bands.

SilverSneakers® Classic - Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a [SilverSneakers](#) ball are offered for resistance. A chair is available if needed for seated or standing support.

SilverSneakers® Circuit combines fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength work with hand-held weights, elastic tubing with handles, and a [SilverSneakers](#) ball is alternated with low-impact aerobic choreography. A chair is used for standing support, stretching, and relaxation exercises.

SilverSneakers® Yoga will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

SilverSneakers® Splash Activate your urge for variety! Splash offers fun, shallow-water movement to improve agility and flexibility while addressing cardiovascular, strength and endurance conditioning. No swimming ability is required and a SilverSneakers kickboard or other aquatic equipment is used to improve strength, balance and coordination.

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Welcome to the Meriden YMCA. Here's your check list to make your healthy start at the Y.

1. ___ Toured the Meriden YMCA.
2. ___ Left my name and number to schedule a Fitness orientation appointment with Meriden YMCA Fitness Staff member to show me how to use the fitness equipment and get me started.

If you did not leave your name and number with Carrie to schedule the fitness center orientation, you are welcome to contact her at your convenience to set this up when you are ready at 203.235.6386.

3. ___ Read exercise schedule for active older adults and chose classes to attend during next visit.

We are so glad to welcome you here. If you have any additional questions please contact us at 203-235-6386.

- Joan Goodman, Membership and Marketing Director x16
- Carrie Marquardt, Health & Wellness Director x18

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