

# FOREVERWELL®

## Class Schedule (Previously AOA/Aqua Schedule)

Janesville YMCA

Effective January 4 – March 7



WATER EXERCISE



FOREVERWELL is an ever-expanding set of Y programs and activities designed exclusively for seniors 55+ to engage in wellbeing experiences. All ages welcome.

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00AM			8:30 – Strength & Stretch Studio B	8:00 – Intro to Qigong Yoga Studio 8:30 – Let's Ride Cycling Studio	8:30 – Strength & Stretch Studio B	8:30 – Friday Fever Studio B	
9:00AM		9:05 – Aqua Zumba Aquatic Center	9:05 – Splash! Aquatic Center	9:05 – Splash! Aquatic Center 9:15 – Stand Strong TRX JP Cullen	9:05 – Aqua Zumba Aquatic Center	9:05 – Splash! Aquatic Center	
10:00AM		9:45 – Silver Sneakers Studio B	9:45 – Chair Yoga Yoga Studio	9:45 – Flow Yoga Yoga Studio	9:45 – Chair Yoga Yoga Studio	9:45 – Silver Sneakers Studio B	
11:00AM	11:00 – Breath & Meditation Yoga Studio		11:00 – Yoga Yoga Studio		11:00 – Yoga Yoga Studio		
	12PM–4PM NO CLASSES						
5:00PM		5:05 – Aqua Zumba Aquatic Center	5:00 – Beginner Cycling Cycling Studio			5:05 – Aqua Zumba Aquatic Center	
6:00PM			6:15 – Aqua Tone Aquatic Center	6:05 – Aqua Zumba Aquatic Center	6:15 – Aqua Tone Aquatic Center		
7:00PM	7:00 – Yoga R&R Virtual		7:15 – Aqua Balance Aquatic Center		7:15 – Aqua Balance Aquatic Center		

NOT SURE WHERE TO START?

For a full list of class descriptions, please visit [ymcanrc.org](http://ymcanrc.org) or use the QR Code on the right.



## CLASS DESCRIPTIONS – JANESVILLE

### **Beginner Cycling**

This class is the perfect introduction to cycling! Our experienced cycling instructor will guide you through getting the perfect fit on the bikes before taking you through an introductory cycling workout. You'll learn cycling positions and terminology in a non-intimidating slower paced environment, while still getting a great workout!

### **Breath & Meditation**

The "Breath and Meditation" class will consist primarily of seated and supine practices. We will work with different kinds of breathing and a variety of meditation techniques that are soothing to our nervous system and promote focused relaxation in our body and mind.

### **Chair Yoga**

Level I, AOA – Set aside any preconceived ideas about Yoga and pull up a chair! No matter your age, physical abilities or experience level, adapting your practice to include a chair matches poses to your personal needs.

### **CIRCL Mobility**

CIRCL Mobility is not your typical exercise program; it truly focuses on actively taking your body through movement patterns using macro and micro joint movers to improve range of motion + flexibility.

### **Friday Fever**

20 mins of low impact cardio, a small break, followed by 20 more mins of low impact cardio. We end on the floor with a variety of core and back exercises. Class ends with a light stretch.



## WATER EXERCISE CLASSES

### **Aqua Balance**

A unique holistic class targeting flexibility, balance, range of motion, and relaxation set to soothing music.

### **Aqua Tone**

Full-body cardio and weight designed for all ages and fitness levels. This class uses a variety of equipment to keep your workout fun and interesting.

### **Aqua Cardio**

Make a splash with Aqua Cardio! A fun, high energy, water workout designed to boost your heart rate, burn calories and improve overall fitness, all while being easy on your joints!

### **Aqua Zumba**

You're invited to the Zumba® POOL PARTY! It's time to make a splash by adding a low-impact, high-energy aquatic exercise to your fitness routine. Enjoy less impact on your joints during an Aqua Zumba® class and really let loose. Water creates natural resistance, which means every step is more challenging to help tone your muscles. Just add water and shake!

### **Intro to Qigong**

Qigong 气功 (pronounced chi gong) is a Chinese healing practice that combines posture, movement, breathing and focused intent. It is a subtle, gentle practice of moving and balancing our Qi 气 (life energy) which is considered to be the vital force of life.

In Qigong the movements are soft, circular and smooth; the breathing is slow, long, yet natural, and our attention is focused.

### **Restorative Stretch Yoga**

In this class we practice deep relaxation that emphasizes the meditative aspect of yoga – the union of body and mind. Through the use of props for support, many of the postures are held almost effortlessly. When your body enters a state of relaxation, your mind can also consciously relax so your tension melts away.

### **SilverSneakers Classic**

This class focuses on strengthening muscles and increasing range of movement for daily life activities. Participants can use hand-held weights, elastic tubing with handles and a Silver Sneakers ball. Often a chair is used for seated exercises or standing support.

### **Stand Strong TRX**

Did you know that TRX focuses on building functional fitness? This class will help you see positive effects in the areas of flexibility, strength, bone health, cognitive health and balance all while standing!

### **Strength & Stretch**

Starts with 10 mins of low impact cardio, laughs and friendship followed by a light stretch. Using weights, we isolate each body part: legs, arms, back, shoulders, chest, glutes and abs, followed by light stretching between each one. This gives you a full body muscle toning work out. Modifications are always available.

### **Yoga**

Yoga is a practice that connects the body, breath, and mind. It uses physical postures, breathing exercises, and meditation to improve overall health. Yoga was developed as a spiritual practice thousands of years ago. Yoga helps bring balance into your life, reduce stress, helps to increase flexibility, strength, and clarity.

### **Splash!**

Activate your aqua exercise urge for variety! Silver Sneaker Splash® offers LOTS of fun and shallow water moves to improve agility, flexibility and cardiovascular endurance. No swimming ability is required, and a special Silver Sneaker® kickboard is used to develop strength, balance and coordination. Silver Sneaker Splash provides a friendly and supportive group atmosphere to help you decrease pain and stiffness associated with limited mobility. You will learn exercises that can help increase your joint range of motion and strengthen muscles without putting excess stress on joints.