



## **MacColl YMCA Facility Hours**

**Monday-Friday 5:15 am –9:30  
pm**

**Saturday & Sunday 7:00 am –  
6:00pm**

**MacColl YMCA 32 Breakneck Hill  
Road, Lincoln, RI 02865**

**401.725.0773**

**[www.goymca.com](http://www.goymca.com)**

AOA **A**ctive **O**lder **A**dults

MacColl YMCA

Updated 04/10/17

New Schedule:

April 8th – June 4th, 2017



---

**Welcome Active Older Adults:**

**Fitness Orientations:**

Please schedule an orientation at the  
Wellness Center office.

**\*\*All class times are subject to change due to instructor availability**

## AOA Fitness & Aquatics Class Schedule

### Monday

11:30-12:30 pm      AOA Functional Strength      **Donna**

### Tuesday

9:00-10:30 am      Pickle ball (Gymnasium)      **Self Led**

### Wednesday

11:30-12:30 pm      AOA Functional Strength      **Tina**

### Friday

11:30-12:30 pm      AOA Strong & Balanced      **Erin**

### Monday-Friday

5:30-9:30 am      \*Water Walking      **Self Lead**

### Monday, Wednesday, Friday

9:30-10:15 am      \*AM Water Aerobics      **Loretta M, W**

10:30-11:15 am      \*Senior Aqua-Fit      **Loretta M, W**

**Joanne F**

### Tuesday, Wednesday, Thursday

10:00-10:45      \*WaterWorks      **Sarah /Tu**

10:45-11:15      \*Strength & Stretch      **Sarah/Tu**

10:30-11:15      \*WaterWorks      **Selena/W**

10:00-10:45      \*WaterWorks      **Sarah /Th**

10:45-11:15      \*Rest & Rejuvenation      **Sarah/Th**

10:30-11:15      \*WaterWorks      **Selena/F**

### Monday, Tuesday, Wednesday, Thursday

## Class Descriptions

**Senior Aqua-Fit** this group exercise class emphasizes strengthening/shaping while providing light cardiovascular workout.

**AM/PM Water Aerobics** these classes are great, group exercise class for an aerobic workout in the water. Classes focus on low to medium impact cardio activity, strength, flexibility, and balance.

**Water Walking** designated time for self-led, low impact aquatic walking workout.

**WaterWorks** This fast-paced, fun-filled low impact water fitness class promotes cardiovascular health, flexibility, strength and range of motion. A variety of aerobic movements are performed in the activity pool to provide both a cardiovascular and strength training workout.

**Please contact the Aquatics Director with any aquatics**

## Fitness Class Descriptions

**AOA Seated Yoga/Stretch** enjoy gentle seated yoga poses and stretches to assist in freedom of movement in everyday activities.

**AOA Strength, Stretch & Core** is a class to focus on your own flexibility, maintaining your strength and working the muscles of your trunk. Some light cardio intervals will be included.

**AOA Functional Strength** use your own body weight, weights, and stability balls, to gain strength, stabilize joints, increase flexibility, add balance, and relieve pain to increase mobility for daily life.

**PICKLE BALL** This a new program at the MacColl Y. Pickle ball is a racquet sport that combines elements of badminton, tennis, and table tennis. No experience is necessary – bring your willingness to have fun and we will learn all the rules together.

**Please contact the Health & Wellness office with any questions.**