



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

A.O.A. Free Group Exercise Schedule

Land Based Exercise Classes

Class	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
ATHLETIC STRETCH	6:30-7:15a Studio C		6:30-7:15a Studio C		6:30-7:15a Studio C		
MUSCLES IN MOTION			7:00-7:50a Studio A		7:00-7:50a Studio A		
SILVER SNEAKERS CARDIO FIT	7:00-7:50a Studio A		8:00-9:00a Gym		8:00-8:55a Gym		
SILVER SNEAKERS CLASSIC	8:00-9:00a Gym						
SENIOR OPTION STRENGTH (S.O.S)	8:00-8:45a Studio C		8:00-8:45a Studio C		8:00-8:45a Studio C		
CHAIR YOGA		8:00-8:50a Studio C		8:00-8:50a Studio C			
ZUMBA GOLD				10:20-11:05a Studio A			

Water Based Exercise Classes

Class	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AQUA TONE	8:30-9:15a				8:30-9:15a		
AQUACISE		8:30-9:15a	8:30-9:15a	8:30-9:15a			
WATER WALKING		9:20-10:05a	9:20-10:05a	9:20-10:05a			
DEEP WATER RUN	9:20-10:05a	9:20-10:05a	9:20-10:05a	9:20-10:05a	9:20-10:05a		
AQUA LUNGS		12:10-12:55p		12:10-12:55p			
AQUA AEROBICS	4:30-5:15p 7:10-7:55p	7:10-7:55p	4:30-5:15p	7:10-7:55p		8:30-9:15a	

Special Events

Event Name	2017 Dates:		Times:	Fees:	Location:
A.O.A. POTLUCK	11-Jan	12-Jul	11:30am-1pm	FREE!!!	Studio C
	8-Feb	9-Aug	For More Information Contact: Alex Loucks alex.loucks@gwymca.org 618.628.7701		
	8-Mar	13-Sep			
	12-Apr	11-Oct			
	10-May	8-Nov			
	14-Jun	13-Dec			



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ACTIVE FOR LIFE

Active Older Adults A.O.A. Programs

Fitness, Family, and Community

We know that a routine of physical fitness and visiting with friends goes a long way to keeping you healthy—physically, mentally and spiritually.

We have FREE activities and events geared specifically to our active senior adults!



Land Classes:

Athletic Stretch, Senior Yoga, Zumba Gold, Muscles in Motion plus more. Schedule on back.

Water Classes:

Aqua Tone, Water Walking, Aquacise, Aqua Aerobics, Aqua Lungs plus more. Schedule on back.

Social Events:

Early Morning Coffee Club held every day. Enjoy potlucks every second Wednesday of the month. Guest speakers and main dishes are provided by the YMCA.

O'FALLON ILLINOIS YMCA Gateway Region YMCA

284 N. Seven Hills Road
O'Fallon, IL 62269
(P) 618-628-7701

The Y is the leading nonprofit committed to strengthening the community through youth development, healthy living and social responsibility. At the O'Fallon Y, we believe everyone, regardless of age, income or background, should have the opportunity to learn, grown and thrive. For more information about the O'Fallon YMCA and financial assistance, visit us at www.gwrymca.org/ofallonillinois.