

# ACTIVE OLDER ADULTS CLASSES



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

Southdale YMCA

7355 York Ave South

Edina, MN 55435

For a full list of all group exercise classes visit [www.ymcatwincities.org](http://www.ymcatwincities.org) or pick-up a full group exercise schedule at the front desk.

Classes	Day	Time	Instructor	Location
AOA Aerobics	Monday	8:30-9:25AM	Stephanie	Gym
Silversneakers@MSROM	Monday	10:00-10:45am	Mary	Gym
SilverSneakers@MSROM	Monday	11:00AM- 11:45am	Mary	Gym
AOA Fitness Yoga	Tuesday	8:30-9:25am	Lisa	Studio
Silversneakers@Cardio Circuit	Tuesday	10:30am-11:15am	Joni	Gym
Zumba™Gold	Tuesday	10:50-11:50am	Marci	Studio
Silversneakers@MSROM	Tuesday	1:30-2:15pm	Joni	Studio
AOA Aerobics	Wednesday	8:30-9:25am	Stephanie	Gym
Silversneakers@MSROM	Wednesday	10:00-10:45am	Laurel	Gym
Silversneakers@MSROM	Wednesday	11:00-11:45am	Laurel	Gym
Silversneakers@Yogastrech	Wednesday	1:30-2:15pm	Mary	Studio
AOA Fitness Yoga	Thursday	8:30-9:15am	Peggy	Studio
AOA Aerobics	Thursday	9:15-10:15am	Pam	Gym
Silversneakers@Yogastretch	Thursday	9:45-10:30am	Mary	Fit.Ctr. Classroom
Silversneakers@Cardio Circuit	Thursday	10:30-11:15am	Joni	Gym
Zumba™Gold	Thursday	10:50-11:50am	Marci	Studio
Silversneakers@MSROM	Thursday	1:30-2:15pm	Pam	Studio
AOA Aerobics	Friday	8:30-9:25am	Pam	Gym
Silversneakers@MSROM	Friday	10:00-10:45am	Pam	Gym
Silversneakers@MSROM	Friday	11:00am-11:45am	Pam	Gym
Silversneakers@MSROM	Saturday	11:45am-12:30pm	Pam	Studio

## ACTIVE OLDER ADULTS

Our active older adult (AOA) program is open to all members of the YMCA over the age of 50. Our mission is to develop the total person – spirit, mind and body. We offer a wide range of education, fitness and social programs throughout the year. We encourage any member to participate as much as they like. Programs vary from month to month and can be found in the monthly AOA newsletter.

## SILVERSNEAKERS®

SilverSneakers® is a national fitness program benefit offered through several local insurance programs. Being a part of this wonderful program allows us to offer SilverSneakers® fitness classes, which all YMCA members are welcome to attend. Just as our SilverSneakers® members are welcome to participate in any YMCA class or activity.

## INFORMATION

Group fitness classes are continually on going and no sign-up is required. For water exercise classes please refer to the pool schedule located at the Member Service Desk. Attend any class you would like and if you have questions please contact Stephanie McDonald, AOA Program Orientation at 952-230-9502 or email at [Stephanie.mcdonald@ymcampis.org](mailto:Stephanie.mcdonald@ymcampis.org)

# AOA JANUARY NEWSLETTER



FOR YOUTH DEVELOPMENT  
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FOR SOCIAL RESPONSIBILITY

Southdale YMCA

7355 York Ave So

Edina, MN 55435

## AOA - ACTIVE OLDER ADULT

### AOA PROGRAM ORIENTATION

All new AOA/Silversneakers members are welcomed to come and learn about AOA programming at the Southdale YMCA. Please choose from one of the following dates: Wednesday January 11<sup>th</sup> at 11:30am or Wednesday January 25<sup>th</sup> at 11:30am, meet in the lobby. Sign-up at the Member Service Desk.

### "CHANGES AS WE AGE"

Nutritional needs change over time.

Join Synergy HomeCare and licensed dietician Barb Freeman on January 18<sup>th</sup> to learn how making simple dietary changes can make a BIG difference in graceful aging. Presentation will be held in the new Rotary Community Room at 10:00am.

### FOOTBALL CHALLENGE UPDATE

Congratulations to all the Silversneakers members at the Southdale YMCA. We earned the most points in our region for October and WON the traveling Trophy for the month of January. Thank you for participating and making the Southdale YMCA a great place to get healthy and make friends.

### COMO PARK ZOO & CONSERVATORY

Join us on Tuesday January 10<sup>th</sup> to see the beautiful Holiday Flowers at Como Conservatory and lunch at Black Bear Crossings Café. The cost is \$5.00 per person; lunch cost is on your own. Register at the Member Service Desk.

## THE Y: Who We Are

### YOUTH DEVELOPMENT

#### NURTURING THE POTENTIAL OF EVERY CHILD AND TEEN

Nine million youth are taking a greater interest in learning; making smarter life choices; and cultivating the values, skills and relationships that lead to positive behaviors, the pursuit of higher education and goal achievement.

### HEALTHY LIVING

#### IMPROVING THE NATION'S HEALTH AND WELL-BEING

Millions of adults and youth receive the support, guidance and resources needed to achieve better health and well-being.

### SOCIAL RESPONSIBILITY

#### GIVING BACK AND PROVIDING SUPPORT TO OUR NEIGHBORS

Across the country, the Y helps people give back and assist their neighbors by offering those opportunities to volunteer, advocate and support programs that strengthen community.