



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ACTIVE OLDER ADULTS

April 2012

AOA Class Schedule

<u>Group X Class</u>	<u>Day</u>	<u>Time</u>	<u>Instructor</u>	<u>Location</u>
AOA Aerobics	W	11:30 a.m.	Cheryl	Studio 2
BodyVive™	T, Th	10:35 a.m.	Jenny	Studio 2
Fitness Yoga	M	9:25 a.m.	Jenna	Studio 2
Fitness Yoga	W	10:00 a.m.	Denise	Studio 2
Gentle Yoga	T	12:30 p.m.	Dana	Studio 2
Gentle Yoga	F	12:00 p.m.	Dana	Studio 3
Mat Pilates	W	9:25 a.m.	Denise	Studio 2
SilverSneakers® CardioCircuit	T, Th	11:40 a.m.	Ginger	Studio 2
SilverSneakers® MSROM	M, F,	11:30 a.m.	Cheryl	Studio 2
SilverSneakers® YogaStretch	M, F	12:20 p.m.	Kelly	Studio 2
SilverSneakers® YogaStretch	Th	12:30 p.m.	Ginger	Studio 2

*** AOA Water X Schedule ***

<u>Water X Class</u>	<u>Day</u>	<u>Time</u>	<u>Instructor</u>	<u>Location</u>
Water X Power	M, T, Th	6:15 a.m.	Sandy	Lap Pool
Water X Power	M, W, F	8:30 a.m.	Megan S./David	Lap Pool
Water X	M, W, F	9:30 a.m.	Tammy	Lap Pool
Water X Power	M, W	7:30 p.m.	Tammy	Lap Pool
Water X Power	T, Th	9:30 a.m.	Meghan	Lap Pool
Water X	M, W, F	10:30 a.m.	Tammy	Lap Pool
H2O Flow	T, Th	10:30 a.m.	Meghan	Lap Pool
Water X	Sat	7:30 a.m.	Sandy	Lap Pool

Andover YMCA: 763.230.9622
Cheryl Kringle, AOA Coordinator: 763.230.6552
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April's Activities

Wednesday, April 11th: 12:30 p.m.

Spring Potluck: Celebrate Spring with a ham dinner. The YMCA will provide the ham, but please bring a side dish or dessert to share. Meet in Community Room A/B at 12:30. Sign up in the AOA binder. *Volunteers needed to prepare the Hams as well.*

Wednesday, April 18th:

Lunch out: Serum's Good Time Emporium, 213 Jackson St, Anoka. Somewhere new to try, a huge menu and lots of free parking in the ramp right next door. Sign up in the AOA Binder. Meet at 12:45 p.m.

Wednesday, April 25th:

Book Club: 10:30am – 11:15am, Community Room A.

House Rules, by Jodi Picoult

HOUSE RULES looks at what it means to be different in our society, how autism affects a family, and how our legal system works well for people who communicate a certain way.

Easter Sunday - April 8th

The YMCA will be closed this day.

Strength-training is critical for older adults. Adults lose 4-6 lbs. of muscle tissue per decade, which means a significant loss of body strength and a lower resting metabolism.

Older adults who undergo a structured strength-training program have shown to regain lost muscle mass, increase their strength, metabolism, bone density and balance and improve their quality of life.

Save the Date!

Wednesday
May 23rd

YMCA Senior Health & Fitness Day
"Never Too Old to Play"

We'll have lots of fun classes, giveaways, and a cookout luncheon. Invite your friends, our event is open to everyone*.

*picture ID required for entrance



New Phone number for AOA Coordinator

Effective immediately, please use phone number 763.230.6552 to reach Cheryl Kringle.