

ACTIVE OLDER ADULTS

November 2009

Session 6

AOA Class Schedule

GroupX	Day	Time	Instructor	Location
AOA Aerobics	W	11:30 a.m.	Yvonne	Studio 2
AOA Yoga	T & Th	12:30 p.m.	Jennifer	Studio 2
BodyVive™	T & Th	10:35 a.m.	Jenny	Studio 2
BodyVive™	F	9:25 a.m.	Jenny/Virgene	Studio 2
SilverSneakers®	M & F	11:30 a.m.	Cheryl	Studio 2
MSROM*				
SilverSneakers®	M & F	12:20 p.m.	Cathie	Studio 2
Silver Stretch				
Drums Alive				
Golden Beats®	W	12:15 p.m.	Yvonne	Studio 2
SilverSneakers®	T & Th	11:40 a.m.	Jennifer	Studio 2
Cardio Circuit				
Zumba Gold	T	8:55 a.m.	Anu	Studio 2

*SilverSneakers™ MSROM = Muscular Strength and Range of Movement

WaterX	Day	Time	Instructor	Location
AOA Water Exercise	M, W & F	9:30 a.m.	Cheryl S.	Lap Pool
Arthritis Water Exercise	M, W & F	11:30 a.m.	Kerry	Lap Pool
SilverSplash	M & F	10:30 a.m.	Cheryl K./Kerry	Lap Pool
MS Aquatics	T & Th	11:30 a.m.	Dolores	Lap Pool



Walk This Way YMCA Nordic Walking Club

Specially designed walking poles are the secret to this new fitness activity. The result is an excellent, full body workout.

Perfect for all fitness levels.

Join the club and walk your way to fitness.

Starts November 2nd -

Tuesdays - 7:30am - 7 weeks

Meet in the Community Center Field House

Cost \$25

Poles available for use

Call Jason Rebeck 763-230-6545 for more information

Andover YMCA 763.230.9622

Jennifer Gordon AOA Coordinator 763.230.6565

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This Months Activities

Wednesday, November 11

NOVEMBER POTLUCK “Thanksgiving Dinner”. Sign up to bring your favorite holiday dish to share. Please sign up in the AOA binder. Meet in community room A at 12:35 pm. See you there.

Friday, November 27

LUNCH OUT Join us for lunch at Bennigans. Meet us at 3590 River Rapids Dr. in Coon Rapids at 12:45 p.m. Sign up in the AOA binder.

Thursday, November 19

AOA Book Club Our book club selection is “Girl with the Dragon Tattoo” by Stieg Larsson. Read the book and join us for discussion. Meet us at 1:30 p.m. in the State of Bean Coffee shop. Hanson Blvd. NW, Andover. Sign up in AOA binder. Please see June Anderson for more information.

New Silver Sneakers Procedures

- Beginning November 1st all SilverSneakers memberships become “facility specific”.
- You may still frequent as many SilverSneakers facilities as you desire, but you will need to enroll at each one.
- If this facility is not the one that you **ORIGINALLY** joined, you will need to enroll here.
- If you are not enrolled at a facility that you visit, you will be flagged and asked to fill out a form before gaining access to that facility.
- You will not need a different membership card for each YMCA you visit – however, if you chose to frequent both Minneapolis and St. Paul YMCA’s, you will need a membership card from each association.
- This change is mandated by SilverSneakers and the YMCA is complying with this new requirement. We apologize for any inconvenience this causes you.
- Please let us know how we can help to make the transition easier for you.

We build strong kids, strong families, strong communities.

YACTIVE OLDER ADULTS™

