



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WELLNESS SCHEDULE

Effective Dates December 1st - 31st
Dallas County Area YMCA



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00-9:00 am	Stability & Flexibility		Stability & Flexibility		
9:00-10:00am	Restorative Yoga	Healthy Hustle?	Restorative Yoga		Healthy Hustle
10:00-11:00am		Silver Sneakers		Silver Sneakers	
12:30-1:30pm	Whole Body Nutrition	Tai Chi		Tai Chi	
4:15-5:00pm		Total Body		Total Body	
5:15-6:00pm		Core & More		Core & More	
6:15-7:00pm					

Dallas County YMCA

932 Main, Buffalo, MO 65622

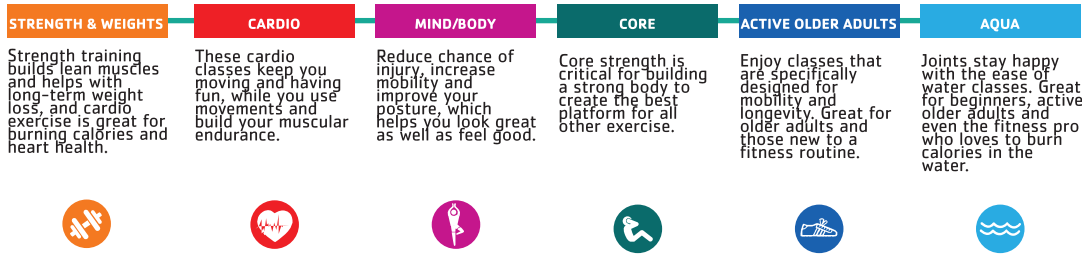
417.345.1116

FACILITY HOURS:

Mon/Tue/Thu 5:30am-8pm

Wed/Fri 5:30am-6pm

Sat 7am-11am / Sun Closed



SILVER SNEAKERS CLASSIC

Perfect for the individual brand new to exercise but is also appropriate for anyone wanting to improve muscular endurance and flexibility. Classic is designed to increase strength, range of movement, agility, balance and coordination, and to improve a participant's functional capacity, physical fitness level, and sense of well being. Class format includes hand-held weights, elastic tubing with handles and a silver sneakers ball. A chair is available for seated or standing support. Move to the music and have fun!



TAI CHI

Get moving and have fun in this cardio-based class designed to teach focus, concentration, muscle development, balance.



RESTORATIVE YOGA W/ KAREN RIETH

Balance, breathe, lengthen and strengthen through gentle yoga movements to increase range of movement. Participants will also experience the many physiological and psychological benefits that yoga provides. You will also be connecting with a cohesive group we call "the tribe".



CORE & MORE

This class focuses on strengthening the abdominals, glutes, lower back, hips, and shoulders either as the primary or supportive muscles.



HEALTHY HUSTLE

A senior-focused class designed to increase mobility, stability, flexibility, and agility that is fun and effective. A variety of equipment will be utilized during class. This class is low impact and does not require fitness experience.



SCULPT AND BURN

This intermediate-level class will focus on building functional strength, toning, and increasing muscle mass in the upper body (Tuesdays) and lower body (Thursdays) using dumbbells and free weights.



STABILITY & FLEXIBILITY W/KAREN RIETH

Work on gaining strength and vitality while warding off inactivity-related disease and cognitive decline. This strength and mobility class can help achieve your goals. We work on mobility, stability and agility. Things needed to successfully perform the activities of daily living.



WHOLE BODY NUTRITION

In this dynamic, 4 week wellness course we will focus on the basic building blocks of nutrition including: water intake, whole vs. processed food, identifying "clean" ingredients, fad diets, digestive system basics, recognizing food intolerance's and much more!



CYCLE

Take your ride indoors as an instructor guides you on an all-terrain journey that will get your heart pumping and challenge you to give a little more



BODY BLITZ

This is a beginner-level, fast-paced, functional strength training class. It is a FULL-BODY workout designed to tone from head to toe! We will be using dumbbells and resistance bands.



TOTAL BODY

This all-over workout emphasizes cardio, core targeting large and small muscle groups. Burn calories while strengthening and toning.