Sherwood Regional Family YMCA

Healthways SilverSneakers® Fitness Program

YMCA Mission—To put the Christian Principles of love, respect, honesty, responsibility, and service into practice through programs that build healthy spirit, minds, and body.

YMCA of Columbia-Willamette

Monday	Tuesday	Wednesday	Thursday	Friday
Cardio Circuit® 10:00 —11:00 am **Sherwood Regional Family YMCA** **503-625-9622** >>>>>>>>>>>	**Cardio Circuit®** 8:30 —9:30 am **Muscle Strength®** 9:45 -10:45 am **YogaStretch®** 11:15-12:15 pm **SilverSplash®** 9:00-9:55	**Cardio Circuit®** 10:00 —11:00 am	**Cardio Circuit®** 8:30 —9:30 am **Muscle Strength®** 9:45—10:45 am **YogaStretch®** 11:15-12:15 pm **SilverSplash®** 9:00-9:55	**Cardio Circuit®** 10:00—11:00 am
Cardio Circuit® 10:00 —11:00 am **Tualatin/Durham Loaves & Fishes Center** >>>>>>>>>>>	**Muscle Strength®** 1:30 pm—2:30 pm **YogaStretch®** 3:00pm - 4:00pm	**Cardio Circuit®** 10:00 —11:00 am	**Muscle Strength®** 1:30 pm—2:30 pm	**Cardio Circuit®** 11:00 —12:00 pm

SilverSneakers® Muscular Strength and Range of Movement (MSROM): Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand held weights, elastic tubing with handles, and a ball are offered for resistance, and a chair is used for seated and/or standing support.

SilverSneakers® Cardio Circuit Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper-body strength work with hand held weights, elastic tubing with handles, and a ball is alternated with non-impact aerobic choreography. A chair is offered for support, stretching, and relaxation exercises.

YogaStretch® will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance, and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

SilverSplash® Activate your aqua urge for variety! SilverSplash offers LOTS of fun and shallow water moves to improve agility, flexibility and cardiovascular endurance. No swimming ability is required, and a special **SilverSneakers®** kickboard is used to develop strength, balance and coordination.

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