

Monday		Child Watch
9:30-10:30am Maspeth Senior Center-Cafeteria	Silver Sneakers Classic® Lotus <i>Open to all</i>	
11:30-12:30p Gym	Silver Sneakers Classic® Lotus <i>Open to all</i>	
Tuesday		Child Watch
10:00-11:00am GYM	Zumba Gold Kasia <i>Open to all</i>	
11:15-12:00pm Studio	Gentle Yoga Barbara <i>Open to all</i>	

Wednesday	
10:30-11:30a Gym	Silver Sneakers Classic® Josue <i>Open to all</i>

Thursday		Child Watch
11:00a-12:00p Studio	Yoga Stretch Barbara <i>Open to all</i>	

Friday	
9:30 - 10:30am Maspeth Senior Center-Cafeteria	Silver Sneakers Classic® Haydy <i>Open to all</i>
10:30-11:30am Gym	Silver Sneakers Classic® Lisa <i>Open to all</i>

Events

Indoor Walking Club Free to Seniors 60yrs old and up. Every Tuesday.
Dates: Jan. 8th, 15th, 22nd, 29th
 Feb. 5th, 12th, 19th, 26th
Time: 9:00am -9:30am or 11:00a-11:30a
Location : Fitness Center

The Benefits of Physical Therapy Learn the importance of physical therapy and how it helps with movement and your overall lifestyle. Join us with Dr. Iman Robinson from Fresh Pond Physical Therapy.
Date: Wednesday, Jan 9th.
Time: 9:30a -10:30a
Location : CR1

Medicare 2019- United Healthcare
 How are the Medicare changes going to affect you? Do you have questions about your Medicare health insurance options? Join us as we receive a presentation by United Healthcare on health insurance. (Open to all).
Location: Atrium

Dates: Wednesday, January 23rd
Time: 9:30am -11:30am

Medicare 2019 - Empire Blue Cross Blue Shield Need help understanding your insurance and Medicare for 2019? Feel free to join us to learn more. Languages spoken in workshop: English & Spanish.
Dates : Friday February 1st.
Location: Atrium
Time: 9:30am - 11:30am

Celebrate National Wear Red Day
 Go Red for Women by wearing the color red on Friday, February 1st. This initiative is to support the fight women take against heart disease. Join the movement nation wide and learn how you can honor women like those in your life on this important day.

Workshop on Heart Disease
 Learn about heart disease, the cause and what we can do to prevent a heart attack.
Date: February 1st, 2019
Time: 9:30am- 10:30a
Location: CR1



New Members Orientation
 New to the Y? We offer a complimentary Fitness orientation for all new members! See Sonia or the Front Desk staff to make an appointment.

Birthday Celebration Let's celebrate the Birthday's for December, January and February. Join us for refreshments and food.
Date: Wednesday, February 27th.
Time: 12:00—1:30pm
Location: Gym



CLASS REMINDERS

- Participants will not be allowed in the class once 10 minutes have passed. This is to protect you from injury.
- Classes meet the needs of all fitness levels and are FREE to all full facility members — including teens!
- Up-to-date class schedules are available online at ymcanyc.org/ridgewood
- Schedules also available at the Front Desk.
- Use lockers to store your bags and valuables. They are not allowed on the floor during class.
- The YMCA is not responsible for lost valuables.
- Class can be canceled due to YMCA special events.

☒ This class uses a ticket system. Tickets are distributed starting 1 hour prior to class at the front desk

👨👩👧👦 Family Classes are open to family members of all ages 5 and up. *(Unless age group is specified)*

▲ Teen Friendly -Children over the age of 12 with parental consent or parent participation.

☀ Senior Friendly

* Class requires registration

🌟 New Class, Class Location, or Time

Studios:
 Gym (ground level)
 Studio (upper level),
 Multipurpose Studio (Ground Level)
 Classroom 1 (CR1) (Lower level)
 Classroom 3 (CR3) (Lower level)
 Classroom 4 (CR4) (Lower level)

ANNUAL CAMPAIGN

What is the Annual Campaign?

It is an annual fundraising campaign held by the YMCA from which the proceeds go to help our children in our community participate in membership and youth program opportunities. Our purpose and promise is to build strong kids, strong families, and a strong community helps older adults at all levels of fitness become more active, energized, and empowered to sustain independent lives.

Ridgewood Moments



Active Older Adult Coordinator

Sonia Thompson



Stay informed about schedule changes, events, class subs, and more.

Like us on Facebook:
www.facebook.com/RidgewoodY

Download our free Mobile App Today!
Search "YMCA of Greater New York"
Available on Apple and Android

CLASS DESCRIPTIONS

Silver Sneakers® Classic -Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles, and a Silver Sneakers ball are offered for resistance. A chair is used for seated and/or standing support.

Zumba Gold® -The easy-to-follow program that lets you move to the beat at your own speed. It's an invigorating, community-oriented dance-fitness class that feels fresh, and most of all, exhilarating! Zumba Gold® provides modified, low-impact moves and easy-to-follow pacing for a healthy, active lifestyle!

Yoga Stretch® - Yoga Stretch 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 a final relaxation will promote stress reduction and mental clarity.

Gentle Yoga- Designed to teach basic Yoga postures that will enhance flexibility, balancing, and promoting relaxation.



the RIDGEWOOD YMCA

ACTIVE OLDER ADULTS GROUP EXERCISE Winter 1 SCHEDULE

1/02/2019 -02/24/2019

- ☒ This class uses a ticket system. Tickets are distributed starting 1 hour prior to class at the front desk
- 👨👩👧👦 Family Classes are open to family members of all ages 5 and up. *(Unless age group is specified)*
- ▲ Teen Friendly -Children over the age of 12 with parental consent or parent participation.
- ☀ Senior Friendly
- * Class requires registration
- 🌟 New Class, Class Location, or Time

Questions?
Contact Sonia Thompson at
212-912-2180 or
Sothompson@ymcanyc.org

