

Monday	
9:30-10:30am Maspeth Senior Center- Cafeteria	Silver Sneakers Classic® Sonia <i>Open to all</i>
11:30-12:30p Gym	Silver Sneakers Classic® Sonia <i>Open to all</i>

Child Watch

Tuesday	
10:00-11:00am GYM	Zumba Gold Sonia <i>Open to all</i>
11:15-12:00pm Studio	Gentle Yoga Barbara <i>Open to all</i>

Child Watch

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

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

Child Watch

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: March 5th, 12th, 19th, 26th
 April 2nd, 9th, 16th, 23rd
Time: 9:00am - 9:30am or 11:00a- 11:30a
Location : Fitness Center

Y-Fit 12 weeks to a better you! The YMCA's Y Fit Start program is designed in making a lasting lifestyle change by incorporating fitness into your normal routine. Regular exercise can help enhance your quality of life while improving mood, energy level, reducing stress, injuries and illness. You have four (4) one-on-one coaching sessions with a Y Fit Start coach to provide you with personal attention and extra motivation to help keep you on track.

Weight Loss Program The Weight Loss Program is designed to help people seeking a healthier weight achieve their goals by making small, modest changes to their daily behaviors, and forming sustainable healthy habits. Participants joining the program should be ready to commit to daily food and physical activity tracking as well as developing self-designed weekly action plans that incorporate what is learned during each session. This program helps participants build skills for successful lifestyle changes as opposed to advocating any specific or restrictive short term solution.

FROM THE RIDGEWOOD TEAM

Domestic Violence Workshops

Break the silence on domestic violence to build healthier relationships.
The 1st Monday of every month.
Time: 12:45pm - 1:30pm
Date: Monday, March 4th & April 1st, 2019.

Fit in 30 days Fitness Challenge You have taken the first step to a healthier more independent lifestyle. Complete 30 minutes of cardio in 30 days three times a week. See Sonia for Challenge Form.
Challenge time frame: April 1st to April 30th.

Ridgewood Moments

"Wear Red Day" with Active Older Adults, Ridgewood Y Staff and the children of our Universal Pre-K program.



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.



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

Upcoming Events

Fit in 30 days Fitness Challenge
New AOA Classes coming soon.
Trips to the Museum
AOA Senior Prom

In Memory of Ridgewood YMCA Member, Dumitru Teodoru



Active Older Adult Coordinator



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.



ACTIVE OLDER ADULTS GROUP EXERCISE Spring 1 SCHEDULE

2/25/2019 – 4/21/2019

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