



# Senior Exercise Classes

## 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 weight, elastic tubing with handles and a silver sneakers ball are offered for resistance.
- A chair is available if needed for seated or standing support.

## Silver Sneakers Yoga

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

## Strive Fit & Strive Fit Seniors

- Strive Fit is a 45-minute intermediate class.
- Strive Seniors is a 60-minute low intensity class.
- Both are a circuit-based routine that will slowly guide you using Strive Fit equipment allowing you to target the entire muscle through your entire range of motion.
- This allows for a fun and efficient workout for seniors of all ability level.
- It is recommended that you participate in STRIVE Equipment FUNCTIONAL orientation prior to attending your first class.

# Senior Programs

## Pickleball

- Pickleball is a newer sport that takes elements from badminton, tennis and wiffleball. The sport is played on a court with the same dimension as a double's badminton court. The net is similar to a tennis net but is mounted two inches lower. The game is played with a hard paddle and a polymer smaller version of a wiffleball.
- Pickleball is similar to tennis, but with differences. A pickleball typically moves at one-third of the average speed of a tennis ball and the court is just under one-third of the total area of a tennis court.

- Paddles are available on request at the front desk.

## **Badminton**

- Join us in the badminton club, offered 2 days a week at Kerasotes YMCA. Register for the entire session or come drop in!
- Games can be from competitive to beginner! It is a great social game to keep you healthy and enhance your skills!
- Sunday mornings from 8am- 10am, 3 courts are available. Wednesday evenings from 5pm-7pm, 1 court is available.

## **Racquetball**

- Bookings are available 1 week in advance. 1 person may book for multiple players. 2vs2 recreational play is allowed.
- Please bring your own equipment or check out rackets and ball at the front desk using your ID.
- Please wear non- marking shoes and eye protection.
- Make court reservations on our Virtuagym APP or with the front desk by calling 217-544-9846. You need to provide your full name, cell phone, activity planned, and the name or number of those you will play with.

## **Coffee Club**

- Join us for free coffee in the lobby of both Y's every morning.
- Visit with friends and relax before or after your classes.