

SILVER SNEAKERS

SilverSneakers® is the nation's leading exercise program designed exclusively for older adults. Participants receive an Orrville YMCA membership at no cost. The program includes use of basic amenities and access to the signature SilverSneakers® class.

SilverSneakers® is typically offered to Medicare-eligible members of Anthem, Blue Cross/Blue Shield, Humana, Aetna (OPERS), AARP, SummaCare, and Secure Horizons by United Health Care. Not all those covered by these providers will be guaranteed to be eligible for SilverSneakers®. If you don't know if you qualify please feel free to stop by with your insurance card and we will check your eligibility.

SilverSneakers® Classic

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.

Orrville, Tues and Thurs 10:15 - 11:00 am

Dalton, Mon & Wed 10:15 - 11:00 am
held at Shady Lawn Nursing Home

The mission of the YMCA is to put Christian principles into practice through programs that build healthy spirit, mind and body for all.

SPLASH CLASS

Activate your aqua urge for variety! Splash offers lots of fun shallow-water moves .

These low impact/low intensity class has exercises designed for improving flexibility while toning, strengthening, and improving the function of the heart and lungs. This class is done in an enjoyable social setting.

Monday: 11:00-11:45 am

Wednesday: 11:00-11:45 am

Friday: 11:00-11:45 am

A.F.Y.A.P. ARTHRITIS FOUNDATION WATER FITNESS

This class is held in conjunction with the Arthritis Foundation (medical info is required), and done in a fun, social and supportive environment. Exercises are designed to improve flexibility, freedom of movement, and muscle strength and tone through various range-of-motion and "light" cardiovascular exercises.

Monday: 10:00-10:45 am

Wednesday: 10:00-10:45 am

Friday: 10:00-10:45 am

SENIOR GAME DAY (EUCHRE CLUB)

All are welcome to come and play Euchre!

Tuesdays - 12:30 pm in Orrville

SENIOR MEMBERSHIPS

Free orientations are offered for the Fitness Center. Up to three free Fitness Assessments per year are included with membership. Sign up in the Fitness Center. **All Senior classes are free with membership.**

Senior \$386.30

Sr. Couple \$498.24

Daypass \$5.00

The YMCA serves all ages, abilities, incomes and faiths.

FOREVER YOUNG

Sessions run monthly on the 3rd Friday with Lunch at 11:30 and Bingo at noon. Bring a prize or two!

Join us for lunch, fellowship and friendly faces! And, as always, you are welcome to invite your friends.

Please make your reservations by Wednesday of each week of the lunch.

Lunch and program cost \$5.00.

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ACTIVE OLDER ADULTS ORRVILLE YMCA



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