

# GYMNASIUM CLASS & EVENT SCHEDULE

Grand Lake Family YMCA



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00 – 9:00 AM Open Gym	8:00 – 9:00 AM Open Gym	8:00 – 9:00 AM Open Gym	8:00 – 9:00 AM Open Gym	8:00 – 9:00 AM Open Gym
9:30 – 10:20 AM SILVERSNEAKERS® Classic	9:30 – 10:20 AM SILVERSNEAKERS® YOGA	9:30 – 10:20 AM SILVERSNEAKERS® Classic	9:30 – 10:20 AM SILVERSNEAKERS® YOGA	9:30 – 10:20 AM SILVERSNEAKERS® Classic
	10:45 – 11:15 AM Open Gym		10:45 – 11:15 AM Open Gym	
11:00 – 2:00 PM Pickleball Open Play	11:30 – 12:20 PM Tai Chi	11:00 – 2:00 PM Pickleball Open Play	11:30 – 12:20 PM Tai Chi	11:00 – 2:00 PM Pickleball Open Play
	12:30 – 1:20 PM Pedaling for Parkinson's		12:45 – 1:45 PM Open Gym	
2:00 – 7:30 PM Open Gym	2:00 – 3:30 PM Open Gym	2:00 – 7:30 PM Open Gym	2:00 – 3:00 PM Parkinson's Support Group	2:00 – 6:30 PM Open Gym
			3:00 – 4:00 PM Parkinson's Loud Crowd	
	4:00 – 4:50 PM Spin Class		4:00 – 4:50 PM Spin Class	
	5:30 – 7:30 PM Pickleball Open Play		5:30 – 7:30 PM Pickleball Open Play	

## PARKINSON'S SUPPORT GROUP\*\*

– CONTACT CANDY BRASEL BY TEXT (281) 704-6640

## PEDALING FOR PARKINSON'S – ROSETTA FAHRLANDER

The class is specific to anyone diagnosed with Parkinson's Disease. To participate in the program, you must: (1) Have a clinical diagnosis of Parkinson's Disease. And (2) complete and submit a signed consent form.

## SILVERSNEAKERS® CLASSIC – DEBBIE CREEKMORE

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 SilverSneakers® balls are offered for resistance and a chair is used for seated and/or standing support.

## SILVERSNEAKERS® YOGA – JACKIE KIRBY

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 poses designed to increase flexibility, balance and range of movement. Restorative exercises and final relaxation will promote stress reduction and mental clarity.

## SPIN CLASS – KIM HACKER

This is a specialty, fee-based class that is not held on an ongoing basis. Classes will be advertised prior to the start date.

## TAI CHI – KIRSTEN MUSTAIN

Gentle class based on the martial art of Tai Chi. It consists of the Tai Chi "forms," in addition to other gentle stretches and movements designed to enhance balance, mobility, strength, and flexibility. Chairs are used for warm up and cool down. or as needed for mobility issues during the class.

FOR MORE INFORMATION, PLEASE CONTACT THE GRAND LAKE FAMILY YMCA