

## SENIORS ON THE MOVE

For seniors who enjoy travel, our Seniors on the Move program is for you. Senior activity trips are planned throughout the year for fun and fellowship. From snowshoeing in the Northwoods to taking a day trip to a wildlife center, every trip is a fun and memorable experience. Come, be active, stay well and have fun.



All Seniors on the Move trips are scheduled through the Marshfield Clinic Health System YMCA. Contact Sara Henrichs, Senior Program Director, at 715.387.4900 or stop at the Y for more information.

## REGISTRATION

Registration for the Fall 2 session opens **Monday, October 9**, for Y-Members and city residents; and on **Wednesday, October 11**, to non-member participants.

## FINANCIAL ASSISTANCE

Every day, we work side-by-side with our neighbors to make sure that everyone, regardless of age, income or background, has the opportunity to learn, grow and thrive. With funds raised through the Annual Campaign, the Y is able to offer financial assistance to all qualified applicants, whether through membership or a program. Stop by Member Services to pick up an application or visit us online [www.mfldymca.org](http://www.mfldymca.org).

## MARSHFIELD CLINIC HEALTH SYSTEM YMCA

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Marshfield, WI 54449

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[www.mfldymca.org](http://www.mfldymca.org)

TOGETHER ENRICHING LIVES



Marshfield Clinic

HEALTH SYSTEM



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# FUN FITNESS FRIENDS



## MARSHFIELD CLINIC HEALTH SYSTEM YMCA

Active Older Adults Programs

Fall 2 Session  
October 23 - December 17, 2017  
No Classes November 20-26

## WELLNESS PROGRAMS

### RUSTY HINGES

Rusty Hinges utilizes exercises that can help increase and maintain strength, range of motion, stabilization, and flexibility. The majority of this class is done seated using light hand weights, therapy bands, mini balls and gentle stretching.

**October 23–December 17 • 10:00 – 10:30 am**

#### Days & Locations:

Mondays at Parkview Apartments

Wednesdays at Cedar Rail Apartments

**FREE to the Community**

### SILVERSNEAKERS® 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



SilverSneakers® ball are offered for resistance. A chair is available if needed for seated or standing support.

**Monday/Wednesday/Friday 9:30 – 10:15 am**

Y-Member: \$29 • Participant: \$44

### STRONG YOU

It's never too late to feel great! Strong You (formerly Strong Bones) is a safe and effective class for active older adults that focuses on strength, balance, and flexibility. The workout includes seated and standing exercises using a variety of handheld equipment. A trained instructor will offer effective cueing and adaptations to meet all fitness levels. In addition to helping you feel great, Strong You can help increase muscle strength, bone density, and improve motor skills for daily activities. All this and more in a friendly and encouraging environment.

**Monday/Wednesday 10:00 – 11:00 am**

**Location:** Good Shepherd Lutheran Church  
502 W. McMillan St., Marshfield

**\$3.25 per class**

First timers are welcome to drop-in and try the class.

### SENIOR CHAIR YOGA

Enjoy all the benefits of yoga such as mindfulness and flexibility in this gentle style of yoga that is done using a chair and other props. This class does not go down to the mat.

### YOGA/GENTLE YOGA

Learn the basics of yoga in this mat based beginning class. Engage your mind and body as you learn about pranayama (breathing practices), basic yoga postures for strength and balance, and restorative postures for gentle stretching and flexibility.

See the monthly group exercise schedule for details on these Thursday morning yoga classes. An unlimited group exercise pass, flex card or drop-in pass is needed to attend.

## AQUATIC PROGRAMS

### ARTHRITIS AQUATIC PROGRAM

This therapeutic, non-impact class uses the buoyancy of water to support your body, reducing stress on weight bearing joints while improving flexibility and muscle tone. This class is for those impacted by arthritis, posture and balance issues, orthopedic/neuromuscular conditions or other physical limitations.

**Monday/Wednesday/Friday 8:30 – 9:15 am**

Y-Member: \$40 • Participant: \$60

### SENIOR WATER EXERCISE

This class helps improve flexibility, range of motion, balance, and cardiovascular health without the stress of weight bearing on joints in the shallow water of our small pool. Be ready for a full body workout without the pain of regular day to day activities.

**Monday/Wednesday/Friday 9:20 – 10:05 am**

Y-Member: \$40 • Participant: \$60

All classes are held in the small pool with temperature set at 89 degrees.

For more information, contact Gillian Davis, Aquatic Program Director, at [gdavis@mfldymca.org](mailto:gdavis@mfldymca.org).

## HEALTH & WELLNESS

With our commitment to improving health and wellness, we offer all members (new and current) an opportunity to learn proper skills and achieve healthy lifestyle goals - available to you free of charge. Our Wellness Coaches provide members with direction, motivation, and support and will help you identify exercises, equipment, group exercise classes, and personal training options to meet your goals.

### FIT START

Specifically designed for beginner exercisers who are looking for guidance to create lifelong habits. This progressive program involves meeting with a Wellness Coach 2-4 times and covers goal setting, workout design, and tips on nutrition and committing to a new healthy lifestyle. Contact Member Services to set up an appointment.



### FITNESS CENTER ORIENTATIONS

A Wellness Coach will introduce you to our strength and cardio equipment, teaching safe form and proper techniques. This is a one time appointment for up to one hour. Contact Member Services to set up an appointment.

For more information, contact Molly Michalek, Healthy Living Program Director, at [mmichalek@mfldymca.org](mailto:mmichalek@mfldymca.org)