

SILVER SNEAKER CLASS DESCRIPTIONS

GF: Level 1: Gentle Fitness: Tuesdays & Fridays
11:35am-12:15pm

This level 1 gentle fitness focuses on cardiovascular endurance, balance, coordination and muscular strength and conditioning at a slower tempo. **Exercises done both in chair and on your feet!**

GF: Gentle Fitness: Mon,Wed,Fri in Aerobic Rm.

Formatted to improve your function of daily activities by building stamina, balance, coordination & strength.

Low Impact Floor Aerobics!

ROM: Range of Motions: Tues,Thurs in Teen Rm.

It is designed to increase strength, range of movement, agility, balance, & coordination and to improve participants functional capacities, physical fitness level, and sense of well-being.



The YMCA of Greensboro strives to put Christian principles into practice through programs that build a healthy spirit, mind, and body for all. ragsdaleymca.org;
336-882-9622