



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SENIOR FUNCTIONAL FITNESS PROGRAM

Participants must be 65 or older, and able to walk without aids

REGISTRATION WEEK: MAR 25 – APR 8

PROGRAM DATES: APR 16 – JUNE 25

COST: FREE/Y-Members

(including Silver Sneaker & Silver & Fit)

\$50/Public



SENIOR FUNCTIONAL FITNESS I

Monday & Thursday 1:30PM-2:30PM

SENIOR FUNCTIONAL FITNESS II*

Monday & Thursday 2:45PM-3:45PM

***must complete FF1 & have instructor approval before taking FFII**



- Space is limited to the first 18 registrants.
- Led by instructors: Karen Kiser-Kling & Jeannie Westbrook
- Registration packets available at Front Desk

What is Functional Fitness? Class Descriptions on back 

Isaiah 40:31 - But those who wait on the Lord shall renew their strength. They shall mount up with wings like eagles. They shall run and not be weary. They shall walk and not faint.

RANDOLPH-ASHEBORO YMCA

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SENIOR FUNCTIONAL FITNESS

Functional fitness is a level of muscle strength/endurance, flexibility, balance, and cardiovascular efficiency which allows us to safely and effectively perform activities of daily living (ADLS). Activities of Daily Living are the basic tasks of everyday life that keep us living independently.

Most physicians agree that exercise is the best medicine for all age groups. Medical research lists proven benefits in musculoskeletal, cardiovascular, respiratory, and endocrine systems. While some risks do occur, the benefits far outweigh any risks of exercise. However, it is important to talk with your doctor before making any significant life-style decisions.

SENIOR FUNCTIONAL FITNESS I

The purpose of each activity in the class is to slowly and progressively increase the work being done. Without increased overload, fitness changes are not possible. The exercises are age appropriate and can be modified if necessary. Fitness levels will be measured at the beginning and end of the program. The testing helps to accurately measure changes in fitness. Our hope is that at the end of the class you have improved fitness and will feel confident in exploring some other exercise opportunities at the Y or continue on to Senior Functional Fitness II.

SENIOR FUNCTIONAL FITNESS II

The Functional Fitness II class will be a continuation building on the exercises experienced in Functional Fitness I class and an exploration of other exercises in the Fitness Center, Cycle Studio, and Group Exercise.