



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SENIOR FUNCTIONAL FITNESS PROGRAM

REGISTRATION: DECEMBER 10-28, 2018
PROGRAM DATES: JANUARY 7-MARCH 14

COST: FREE/Y-Members

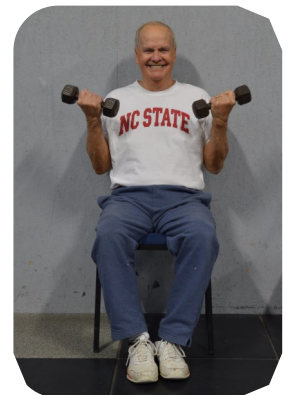
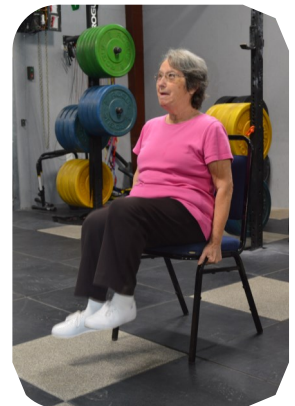
(including Silver Sneaker/Silver & Fit/Renew Active/AARP)

\$50/Public

CLASS SCHEDULE:

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

- Space is limited to the first 25 registrants.
- Participants must be 60 or older.
- Led by instructors: Karen Kiser-Kling & Jeannie Westbrook
- Registration packets available at Front Desk



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.

Class Description 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

343 NC Hwy 42N / PO Box 1152, Asheboro, NC 27203/4 (336) 625-1976-www.RandolphAsheboroYMCA.com



SENIOR FUNCTIONAL FITNESS

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 YMCA.

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.