



# DOWNTOWN YMCA OPEN HOUSE NOVEMBER 20, 2019



Bring a friend and join us for the Downtown YMCA Open House! Enjoy coffee, snacks, and participate in our free demo classes, showcasing all the great programs the Y has to offer for seniors. Plus, your friend will receive a FREE month membership at the Y!

**DATE & TIME:** Wednesday, November 20th from 9:00-11:30 a.m.

**LOCATION:** Downtown YMCA - 161 W. Wisconsin Ave., Suite 4000, Milwaukee

## **OPEN HOUSE/DEMO CLASS SCHEDULE:**

- **9:00-9:45 a.m. - Silver Sneakers Class**  
Silver Sneakers classes are designed specifically for the unique health and physical needs of older adults. Taught by a certified instructor, classes focus on improving strength, flexibility, balance and coordination.
- **10:00-10:15 a.m. - Senior Yoga Demo**  
This class will move your whole body through a complete series of seated & standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance & range of movement.
- **10:20-10:35 a.m. - Moving for Better Balance Demo**  
This falls-prevention program uses the principles and movement of Tai Chi to help older adults improve balance and increase confidence for everyday activities. Led by a trained instructor, the class focuses on improving functional ability to reduce fall-related risks and frequency for those with low to moderate risks of falls.
- **10:45-11:00 a.m. - Senior Strength Demo**  
Senior Strength is designed for individuals interested in competing in the senior Olympics and/or any senior who is looking for a challenging workout. Participants will use TRX, resistance bands, weights and kettlebells to increase strength, endurance, balance and sports performance.
- **11:00-11:30 a.m. - Snacks, Coffee, Tours & Membership Sign Up**