



NORTHSIDE YMCA  
**OPEN  
HOUSE**  
NOVEMBER 20, 2019



Bring a friend and join us for the Northside YMCA Open House! Enjoy coffee, snacks, check out our fitness center and pool, 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 a.m.–12:30 p.m.

**LOCATION:** Northside YMCA - 1350 W. North Ave., Milwaukee

**OPEN HOUSE/DEMO CLASS SCHEDULE:**

- **9:00-10:00 a.m. - Shallow Water Exercise**  
This class is taught in chest deep water. Participants will use the gentle resistance of water to help increase flexibility, cardio fitness level, and muscle strength. This class is perfect for first-time exercisers along with anyone who is active and looking for a good workout.
- **10:00-10:15 p.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.
- **10:30-10:45 a.m. - Moving for Better Balance**  
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.
- **11:00-11:30 a.m. - Light refreshments provided, tours, membership Q&A**
- **11:30 a.m.–12:30 p.m. - Free Chair Yoga Class**  
Chair support is offered so you can perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity. This class is suitable for nearly every fitness level.