



RITE-HITE FAMILY YMCA

OPEN HOUSE

NOVEMBER 20, 2019



Bring a friend and join us for the Rite-Hite Family 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! Tours and membership sign up are available all day.

DATE & TIME: Wednesday, November 20th from 8:00 a.m.- 3:00 p.m.

LOCATION: Rite-Hite Family YMCA - 9250 N. Green Bay Rd., Brown Deer

OPEN HOUSE/DEMO CLASS SCHEDULE:

- **8:00-9:00 a.m. - Senior Fitness Class**
Participants will be led through a variety of low impact, easy to follow exercises to improve cardiovascular fitness, endurance and balance. Some resistance work is included for bone strength, to provide a total body workout.
- **9:00-10:00 a.m. - Joint Movement Water Exercise**
This aquatic exercise program is designed for people with arthritis and related conditions, using the gentle resistance of water to build muscle strength and support joints. Participants should be comfortable in the water but do not need to know how to swim.
- **9:30-10:30 a.m. - Deep Water Exercise**
This non-impact exercise class is designed to provide a powerful workout that will improve posture, strength, and cardiovascular endurance. This is a perfect alternative for individuals with knee or back problems, or anyone who wants to take a break from running or high impact activities. Participants should be comfortable in deep water.
- **10:00-11:00 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.
- **1:00-1:45 p.m. - Silver Sneakers Classic**
This class will help increase muscle strength, range of movement, and activity, through the use of handheld weights, elastic tubing with handles, and a SilverSneakers® ball for resistance; a chair is used for seated and/or standing support.