

While many of our fitness classes are enjoyed by seniors, the classes of the **YWCA Strong and Steady for Life Program** are specifically designed to accommodate balance and stability issues. The classes in this program focus on **fall-prevention, balance, muscle-strengthening** and increasing **overall flexibility** in a fun and friendly environment.



The classes in our YWCA Strong & Steady for Life program all offer accommodations for those with balance issues, whether it be the support of the water in our pool-based classes or the addition of chairs in our land-based classes. Within this program there are classes for all fitness levels and they are open to all ages!

**Below are the class times for Strong & Steady for Life classes. Full class descriptions can be found in our brochure or website: [ywcaclinton.org](http://ywcaclinton.org). Please check with your physician before starting any exercise program. Schedule subject to change.**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00 Aquacise	7:00 Aquacise 7:00 Stretch Fitness	7:00 Aquacise	7:00 Aquacise 7:00 Stretch Fitness	7:00 Aquacise	
7:45 Aquacise Shallow 8:00 Yng @ Hrt 8:00 Aquacise Deep 8:15 Circuit Training	8:00 No Fall Balance 8:00 Aquacise	7:45 Aquacise Shallow 8:00 Yng @ Hrt 8:00 Aquacise Deep 8:15 Circuit Training	8:00 No Fall Balance 8:00 Aquacise	7:45 Aquacise Shallow 8:00 Yng @ Hrt 8:00 Aquacise Deep 8:15 Circuit Training	8:00 Aquacise
9:00 Wave Makers	8:45 Water Walking	9:00 Wave Makers	8:45 Water Walking	9:00 Wave Makers	
9:15 Circuit Training	9:30 Circuit Training 9:30 Aqua Agility	9:15 Circuit Training 9:30 Aqua Abs	9:30 Circuit Training 9:30 Aqua Agility	9:15 Circuit Training	
9:45 Joint Flexibility	9:45 Aquacise	9:45 Joint Flexibility	9:45 Aquacise		
10:15 Stretch Fitness	10:45 Silver Sneakers® Classic	10:15 Stretch Fitness	10:45 Silver Sneakers® Classic	10:15 Stretch Fitness 10:30 Joint Flex	
11:10 Silver Sneakers® Circuit	11:00 Circuit Training	11:10 Silver Sneakers® Circuit	11:00 Circuit Training	11:10 Silver Sneakers® Circuit	
12:15 Silver Sneakers® Yoga	12:15 Easy Does It!	12:15 Silver Sneakers® Yoga	12:15 Easy Does It!		
1:00 Joint Flex		1:00 Joint Flex		1:00 Joint Flex	
2:00 Circuit Training		2:00 Circuit Training			
5:15 Aquacise		5:15 Aquacise		5:15 Aquacise	