

## Yoga Therapy (Chair Exercise)

This gentle exercise class utilizes chairs and walls to help students into simple poses. It will increase motor skills and strengthen muscles. Great for relaxation and quiet mind.

**Wednesday** 10-30am – 11:15am  
Teacher: Beatrice Ammidown  
**DeWind Rom, 2<sup>nd</sup> floor**

## Chair Yoga

Stretch, breathe, improve your balance and stamina, and feel more energy! In this gentle yoga class, you will explore yoga postures using a chair for support.

**Friday** 11:30am – 12:30pm  
Teacher: Alison Faith  
**DeWind Room, 2<sup>nd</sup> floor**

## Smooth Moves (Chair Exercise)

These gentle effective exercises maintain and improve your flexibility, balance, range of motion and coordination. Done to good music while sitting or standing. Great if you are new to exercise or have weak joints, knees, ankles or back. All levels welcome.

**Tuesday** 11:15am-12:00pm  
Teacher: Albert C. Setton  
**Thursday** 11:15am-12:00pm  
Teacher: Lidia Magarian  
Senior Center, DeWind Room, 2<sup>nd</sup> floor

## Older Adults Sing-along Join us!

This group will meet on the 2<sup>nd</sup> Thursday of the month.

**Time:** 12:05–12:45pm  
Pianist: Shirley Bianco  
DeWind Room, Senior Center, 2<sup>nd</sup> floor

## Ukulele Group (Intermediate Level)

**Wednesday**  
2:00pm – 3:30pm  
**DeWind Room, 2<sup>nd</sup> floor**

Group invites new participants to join them on Wednesdays.

## Social & Table Game

The Senior Center is open Monday through Thursday 9am – 5pm, and Fridays 9am – 4pm. Table games are available for you.

We are looking for players to play bridge, backgammon, chess, or any other table games. If you are interest please contact Lidia 310/393-2721 Ext. 129 or email: lidiam@ymcasm.org.

## Ping Pong (Open Hour)

**Monday** 1:30pm–2:30pm  
**Tuesday** 3:30pm – 5:00pm  
**Friday** 9:00am-11:00am  
**DeWind Room, 2<sup>nd</sup> floor**

## Volunteer Opportunity

If you know how to sing, act, to play chess, or if you have any other skills and would like to share helping others, become a YMCA Volunteer. Contact Lidia M. at 310/393-2721 ext. 129 or email: lidiam@ymcasm.org

## 2019 Adult Potluck

Tuesday, June 11, October 29 Halloween Potluck

FREE for Y Members & \$5 non-members

**Tuesday, December 10 Holiday Potluck.**

**FEE: \$5 Y member & \$7 Guest**

Join us for refreshments with friends and Live Music Entertainment.

**12:00 - 2:00 pm Community Room**

Please see the event flyer available for the Potluck 15 days prior to the event.

**Everyone required bringing a dish for 5 people.**

## Educational Seminars

Please see the current FREE Educational Seminar & Events brochure.

## Membership Information

All classes are **FREE** to facility members except where indicated. For more information about rates, Financial Assistance, and other programs and services available, please see our Membership, Fitness, and Aquatic brochures. Free 3 hours underground parking available for Y members.

Class schedule and time are subject to change.

To know more about these programs, contact Lidia Magarian, Chronic Disease Prevention Director at (310) 393-2721 Ext. 129 or email: lidiam@ymcasm.org

## SANTA MONICA FAMILY YMCA

1332 6<sup>TH</sup> Street, Santa Monica, CA 90401

Phone: (310) 393-2721

www.ymcasm.org



# HEALTHY LIVING

Older Adult Program  
SANTA MONICA FAMILY YMCA

Maintaining healthy lifestyles through programs that promote a continuum of health.



## Fitness Fusion

This low impact aerobic class includes warm-up, cardiovascular conditioning, muscular strength, and stretching. Specially designed for the older adult exerciser. You participate at your own pace and enjoy music from all over the world, Brazilian, Latin, Arabic and more.

### Monday

10:00am - 10:45am & 10:45am - 11:30am

### Tues. & Thurs.

10:00am - 11:10am

Instructor: Lidia Magarian

Cayton Room, 2<sup>nd</sup> floor

## Stretch & Strength

Increase your flexibility and strength. Improve your balance and posture. Muscles are worked through their full range of motion with lightweights, elastic bands and stability balls for a safe and effective workout.

### Tuesday

9:00am - 10:00am

Teacher: Lidia Magarian

### Friday

9:00am - 10:20am

Teacher: Lidia Magarian

Cayton Room, 2<sup>nd</sup> floor

## Core & Stretch

This class will emphasize the balanced development of the body through core strength, flexibility and awareness in order to support efficient movement.

### Monday

11:30am - 12:30pm

Teacher: Lidia Magarian

Cayton Room, 2<sup>nd</sup> floor

## 8-Week Fit Well Program

For more information, see its brochure.

## Hatha Yoga

Using traditional yoga poses combined with breathing exercises, classes are carefully designed to meet the needs of beginners as well as advanced students. Benefits include greater flexibility, balance, strength, and stress reduction.

### Monday

8:30-9:45am Yoga Fundamentals

8:00pm Yoga Fusion

### Tuesday

11:15am-12:30pm Yoga Flow Level 1 & 2

6:20-7:30pm Yoga Fundamentals 1 & 2

### Wednesday

9:00 - 10:15am Iyengar Yoga

10:30am - 11:15am Chair Yoga Therapy

7:15pm - 8:15pm Yoga Fusion Level 2

### Thursday

6:30pm Vinyasa Flow

7:15pm Iyengar Yoga Level 1&2

### Friday

10:30 - 11:45am Yoga Level 1 & 2

11:30am - 12:30pm Chair Yoga

5:00 - 6:15pm Yoga Level 1 & 2

### Saturday

8:30am - 10am Kundalini Yoga

12:15-1:30pm Yoga Level 1

### Sunday

9:30 - 10:30am Yoga Level 1 & 2

3:30 - 4:30pm Restorative Yoga

5:00- 6:30pm Iyengar Yoga

For overall yoga class time, see the group exercise schedule.

## Tai Chi Chuan

Yang style Tai Chi practiced in a slow, relaxed manner to quiet our mind, improve circulation, strengthen your legs, and improve concentration. The unity of movement, breathing, and concentration contributes greatly to physical and mental health.

### Wednesday Level 1

10:30am-12:00pm

### Thursday Level 2

8:45am-10:00am

Teacher: Helene Bouboulis

Cayton Room, 2<sup>nd</sup> floor

## Tai Chi / Chi Gong

### Chair Exercise Movement

This is a modified version of the traditional Tai Chi / Chi Gong class. Students will be using gentle flowing movements while sitting. Great if you are new to exercise or have weak joints, knees, ankles or back. No experience required. All level welcome!

### Monday

11:00am - 11:45am

Teacher: Sally Ashear

Dewind Room, 2<sup>nd</sup> floor

## 6-Week Mindfulness (2019)

In this class you will do guided sitting breath and body awareness meditation. It will help increase attention, decrease negative effect, or emotions, decrease anxiety in general.

To Be Announced

## Brain Challenge Activity

With Cydney Kaplan, Recreational Therapist Challenge your brain to work in ways you didn't imagine.

Tuesday, July 23, August 20 and September 17.

1pm - 2pm in the Community Room

## Jo Moonves Water Exercise

Using the natural resistance of the water is ideal to develop muscle tone, strength, flexibility, and cardiovascular endurance while also reducing trauma to the joints. No swimming required. Perfect for those with limiting physical conditions.

Monday, Tuesday, Wednesday,

Thursday and Friday

10:00am-11:00am

Tuesday & Thursday

6:00pm-7:00pm

Lap Pool, 1<sup>st</sup> floor

## Twinges in the Hinges

Try these water exercises to improve joint flexibility, muscular strength, physical endurance, and to relieve pain and stiffness. Please consult your physician prior to participating.

Mon. & Wed 8:00am-9:00am

Tue. & Thu. 9:00am-10:00am

Teacher: Donna Malamud

Tuesday 11:00am-12:00pm

Teacher: Kat Razagh

Thursday 11:00am-12:00pm

Teacher: Joyce Simmons

Friday 8:00am-9:00am

Teacher: Pat Kerry

Saturday 11:45am-1:00pm

All classes are held in the Teaching Pool.

FREE for Y members

Non-Members: \$7.00 per class

Photo Id is required to use the pool.

Full body shower and swim cap is required before entering the pools.

Updated 6/14/19