
















OCTOBER

YMCA at Christian Love Church

1601 Stamford Road, Superior Charter Township, MI 48198

FREE!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 10-11 A.M. Moving for Better Balance with Darryl 	3	4 10-11 A.M. Moving for Better Balance with Darryl 	5	6 1:30 P.M. Move & Groove with Megan 	7
8	9 10-11 A.M. Moving for Better Balance with Darryl 	10	11 10-11 A.M. Moving for Better Balance with Darryl 	12	13	14
15	16 10-11 A.M. Moving for Better Balance with Darryl 	17	18 10-11 A.M. Moving for Better Balance with Darryl 	19	20 2:30 P.M. Nia with Megan 	21
22	23 10-11 A.M. Moving for Better Balance with Darryl 	24  6:30-7:30 P.M. Zumba with Jing	25 10-11 A.M. Moving for Better Balance with Darryl 	26	27	28
29	30 10-11 A.M. Moving for Better Balance with Darryl 	31	SPONSORED BY  University Bank <i>Why Not Keep It Local?</i>			

Questions? Reach out to Jen at jbaca@annarborymca.org



Class Descriptions

Moving for Better Balance – This class is geared toward the aging population. It is a falls-prevention program that uses the principles and movements of Tai Chi to help older adults increase their strength, improve their balance, and increase their confidence.

Zumba – Open to all ages. This class fuses Latin rhythms and easy to follow moves to create a dynamic fitness program. You will achieve long term benefits while experiencing this one hour of calorie burning, body energizing, and awe inspiring movements meant to engage and captivate you. The routines feature interval training, using fast and slow rhythms to tone your body while burning fat. Add some Latin flavor and international zest into the mix and you've got Zumba. Who knew working out could be this much fun? No equipment needed.

Move and Groove – A dynamic, musical exercise class geared toward Seniors and those with limited mobility who want a great workout with a gentler approach. There are seated exercises as well as some at the barre for added stability. Expect to gain strength, flexibility, mobility, agility, balance, and maybe a friend or two! An uplifting hour that lightens the spirit.

Nia – You will get in shape and move to great music in this unique and dynamic movement class. Nia integrates concepts from dance, martial ways, and various healing arts (e.g. yoga, Feldenkrais) to provide low impact cardiovascular conditioning, flexibility, strength and balance. And it's fun! Participants move naturally and fluidly to music in a workout that is readily individualized to suit all fitness levels. Students leave the class feeling energized but relaxed. Bare feet are required unless a previous condition contraindicates. Instructors are NIA certified. For ages 15 and up.