

East YMCA

September 2010

YACTIVE OLDER ADULTS
 We build strong kids, strong families, strong communities.

<u>Classes</u>	<u>Day</u>	<u>Time</u>	<u>Instructor</u>	<u>Location</u>
SilverSneakers® YogaStretch	Monday	9:00 -10:00am	Mary	Studio
YMCA Water Fitness	Monday	10:00-10:45am	Stephanie	Pool
SilverSneakers® Cardio Circuit	Monday	11:10-11:55am	Jill	Studio
Cardio (Line) Dance	Tuesday	9:15 – 10:00am	Mindy	Studio
SilverSneakers® MSROM	Tuesday	10:15-11:00am	Jamie	Studio
Deep-end Water X	Tuesday	4:45-5:45pm	Catherine	Pool
Silver Splash®	Wednesday	9:00-9:45 am	Julie	Pool
SilverSneakers® Cardio Circuit	Wednesday	11:10-11:55am	Cathy	Studio
SilverSneakers® YogaStretch	Thursday	9:00-10:00am	Mary	Studio
SilverSneakers® MSROM	Thursday	10:15-11:00am	Ann	Studio
YMCA Water Fitness	Friday	10:00-10:45am	Linda	Pool
SilverSneakers® Cardio Circuit	Friday	11:10-11:55am	Julie	Studio
YMCA Water Fitness	Saturday	9:00-10:00am	Jenny	Pool

September Activities

<u>Activities</u>	<u>Day</u>	<u>Time</u>	<u>Cost</u>
Game Day	Mondays	11:45 – 2:00 pm	Free! Bring a game you like
The Gathering!	Thursday 9/9	11:15 – 2:30pm	\$8/ SOLD OUT!
Coffee (conference room)	Friday 9/10, 17	11:00-1 pm	Free! Bring treats to share
Pie Day	Friday 9/24	11:00 – 1pm	Free!

Fall Health Tips

- Get a Flu Shot - Check with your doctor to find out when the annual flu shot is available.
- Diet - Add all the fall vegetables to your diet. Many of the root vegetables are in season now and are an inexpensive and nutritious way to add variety to your diet.
- Drink More Water – You can experience dehydration even during the winter. Dry central heat robs your body and skin of vital moisture. If you keep hydrated your mucous membranes also stay hydrated, working much more effectively to filter our disease causing organisms.
- Sunscreen – Yes, even in the fall and winter months you should be thinking about sunscreen. If you're a skier, don't forget your sunscreen. The snow reflects the sun's rays and can quickly burn your skin. Don't let the cold



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