



FUN NEVER RETIRES

Cumberland Cape Atlantic YMCA Active Older Adult Fitness

February 26 - April 21

Are you looking for a fun and low impact exercise to stay fit? Join us for our new Group Exercise classes are specifically tailored for Active Older Adults (50+)!

Strolling to the Oldies - Thursdays, 8:05-8:30 am

Meet us in the Milam Multipurpose Center for a 25 minute Stroll while listening to the Oldies. This program will help participants develop a walking plan that meets their particular needs, stay motivated, and exercise safely. The only prerequisite for this class is to be willing to have a good time and smile! All mobility levels are welcome.

Fit for Life - Thursdays, 8:35-9:00 am

Are you looking for a low impact total-body workout that is appropriate for all fitness levels? Then Fit for Life is the class for you. This class is designed to increase flexibility, joint stability, balance, coordination, agility, and muscular strength. You will use a chair, balls, light weights, and resistant bands while listening to the oldies but goodies music. Come out and join us!

Facility Members: ALL classes are **FREE** with a Facility Membership - please register at the Member Service Desk, space is limited

Program Members: \$27 per class, \$54 for both

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