

**BALANCE, FLEXIBILITY & CONDITIONING  
ACTIVE OLDER ADULTS**

**OPEN SWIM AT THE RYE Y**

**62+ only – Co-Ed**

Enjoy a dip in the pool!

**Monday & Wednesday: 2:40-3:10 pm\***

**Free for all 62+**

No membership required; must sign in at the front desk.

**Tuesday & Thursday: 2:35-3:10 pm\***

**Members Only.**

\*Time will vary during special vacation weeks.

**AQUA FLEX AT THE RYE Y**

**62+ only – Co-Ed**

A low impact water exercise routine focusing on development of core strength, balance, flexibility and coordination. Build postural muscles and healthy core, maintain muscle tone and range of motion without the harsh pounding on your joints.

**Monday & Friday: 11:00-11:45 am**

**Tuesday & Thursday: 10:00-10:45am**

**Member: FREE but must register; Non-Member: \$65**



**CLASSES AT THE WAINWRIGHT HOUSE - AGES 62+  
FREE for all 62+; No membership/registration required.**

**LIMBERCIZE**

Limbercize is uniquely designed to meet the needs of those who are 62 and up who want to look good, feel great and stay active. The class includes stretching, strengthening and aerobic conditioning, with a focus on posture, core strength and balance that will leave you feeling refreshed, revitalized and renewed. (No registration required)

**Tuesday and Thursday: 1:00-1:45 pm**

**SENIOR SPIRIT**

Stretch and flex class utilizing basic yoga, Tai-Chi, Pilates (either seated or standing).

**Wednesday: 11:00-11:45 am**

**ZUMBA TONING**

Dance to Latin and International music while toning and training muscles.

**Friday: 1:00-1:45 pm**

**FITNESS AT THE OSBORN – Ages 65+**

**101 THEALL ROAD, RYE**

**Included in Rye Y Membership:** Members intending to participate at the Osborn must first call Laura Tiedge at ext 107 at the beginning of each calendar year. Limit 45.

**STRETCH CLASS**

A class designed to improve overall flexibility and balance. The instructor provides the class with stretches that exercise every major muscle group of the body. Participants will leave relaxed and refreshed.

**Tuesday: 9:30-10:15 am; 10:15-10:45 am**

**Thursday: 9:30-10:15 am; 10:15-10:45 am**

**Saturday: 9:30-10:00 am; 10:00-10:30 am**

**WATER EXERCISE CLASS**

Water exercise set to music. Gentle stretching and moderate aerobic activity.

**Monday: 10:15-11:00 am**

**Wednesday: 10:15-11:00 am**

**Friday: 10:15-11:00 am**

**GENTLE CHAIR YOGA**

A series of stretching postures, breathing techniques and meditation to help develop strength, flexibility and a feeling of inner peace.

Fridays: 1:00-2:00 pm

**TAI CHI**

Practiced through a series of slow, smooth movements, this mind-body form of exercise improves concentration, balance and strength. Ideal for all adults, but especially older adults.

**Wednesday: 1:00-2:00**

**8 WEEK FALLPROOF® COURSE**

**Ages 60+**

This course consists of 8 weekly classes which will help older persons develop the skills they need to help prevent falling. Gait, Center-of Gravity, Postural, and Multi-sensory skills will all be addressed. Each class section is limited to 4 students. These early afternoon classes are held in the Osborn Home Fitness Center on an on-going basis. You will be grouped according to a self-assessment after registering and given a start date and time. Call ext. 206 to start your registration process.

**Member and Non-Member: \$195 for 8 week session**

**NO ONLINE  
REGISTRATION**

**FREE BLOOD PRESSURE SCREENINGS**

Every Monday morning\* a nurse from Greenwich Hospital is in residence to take your blood pressure.

**Monday\* 9:00-11:00 am**

(\*except national holidays)

Register online unless otherwise indicated – Sign up at [www.ryeyca.org](http://www.ryeyca.org) – Click on "Register Online for Classes"