



Piedmont Family YMCA
Low Impact Aerobic Dance Class



Piedmont Family YMCA
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Charlottesville, VA 22901
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Program suitable for active older adults.

Piedmont Family YMCA
442 Westfield Road
Charlottesville, VA 22901

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

Welcome the YMCA Low Impact Aerobic Dance Class

Men and women can enjoy a low-impact, choreographed dance exercise class using a variety of music from Big Band Era to recent popular tunes. The program includes warm-up dances, stretching, a cardiovascular work out and cool down. Resistance work incorporating weights and exercise bands are designed to improve posture, balance, flexibility and strength. The class is designed to keep participants active and fit with the added benefit of lowering blood pressure and cholesterol levels. Class participants may attend all three days or attend as many classes as you desire. There are no limits!

WHEN:

The class meets three times a week: Monday, Thursday, and Friday from 10:30 a.m. to 11:30 a.m.

WHERE:

The Covenant Church of God gymnasium
1025 East Rio Road

COST:

\$30 per person per month financial assistance is available.

Participants Say

"This class has changed my life from not doing - to doing-I love it and our instructor; Pat Jones, is an inspiration!"

"A great way to exercise and have fun doing it- great teacher!"

- Faye Doris

"Pat has managed through this exercise program to keep both my mind and spirits healthier and happier than I could have imagined"

"This one is a good work out- I've been with the program for nearly 25 years. Still as good as ever."

- Sylvia Lord

"It's made a big difference in my health. My blood pressure stays down because the exercise plays a big part"

- Gail Fife

Piedmont Family YMCA Registration Form for Low Impact Aerobic Dance Class

Name _____

Address _____

City _____ ST _____ Zip _____

Gender _____ Age _____ D/O/B _____

Phone _____ Email _____

Emergency Contact _____

Phone _____ Relationship _____

Payment Information

_____ Cash _____ Check _____ Visa _____ MasterCard _____ Discover

Name _____

Account Number _____ CID # _____

Cardholder's Signature _____

Agreement

1. I hereby certify that I am in good health and capable of safe participation in the YMCA Adult Exercise Program. I assume all risk(s) and hazards incidental to the conduct of this program and for the transportation to and from the program.

2. I support the YMCA philosophy, which is based on *caring, honesty, respect, responsibility*, participation, fun, physical fitness and health, skill development, teamwork and fair play.

3. During the course of YMCA programs photographs are occasionally taken. Some of these pictures capture the spirit of our programs and there may be an opportunity to use them to promote the Piedmont Family YMCA programs. Through this release I am authorizing the Piedmont Family YMCA to print, publish and display pictures of myself to promote YMCA programs through YMCA publications and the YMCA www.piedmontymca.org.

Signature _____ Date _____