HAVE FUN
MAKE FRIENDS
GET FIT

Land and Water Aerobics Classes for Men, Women and Seniors

Join us for FREE land and water aerobics classes that are included with your North Georgia YMCA membership! We have three locations of classes each week to serve you. SilverSneakers and Silver and Fit memberships are available based on eligibility.

**Land Aerobics**
- Fort Oglethorpe UMC*
- First Baptist Church Fort Oglethorpe

**Water Aerobics**
- North Georgia Healthcare Center

* YMCA Wellness Center available at this location.

See reverse side for class descriptions and schedules.
### SilverSneakers Land & Water Aerobics Class Information

<table>
<thead>
<tr>
<th>Days and Times</th>
<th>Class Location</th>
<th>Class Type</th>
<th>Class Name</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday, Wednesday, Friday 10:00 a.m. – 11:00 a.m.</td>
<td>First Baptist Church of Fort Oglethorpe 2625 LaFayette Road, 30742</td>
<td>Land Aerobics</td>
<td>SilverSneakers® Cardio Circuit</td>
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<tr>
<td>Tuesday &amp; Thursday 8:45 and 10:00 a.m.</td>
<td>North Georgia Healthcare Center 6120 Alabama Highway, 30736</td>
<td>Water Aerobics</td>
<td>General Water Fitness</td>
</tr>
<tr>
<td>Monday &amp; Thursday 5:45 – 6:45 p.m.</td>
<td>North Georgia Healthcare Center 6120 Alabama Highway, 30736</td>
<td>Water Aerobics</td>
<td>General Water Fitness</td>
</tr>
<tr>
<td>Monday &amp; Friday 11:00 a.m. – 12:00 noon</td>
<td>First Baptist Church of Fort Oglethorpe 2625 LaFayette Road, 30742</td>
<td>Land Aerobics</td>
<td>SilverSneakers® Muscular</td>
</tr>
<tr>
<td>Wednesday 11:00 a.m. – 12:00 noon</td>
<td>First Baptist Church of Fort Oglethorpe 2625 LaFayette Road, 30742</td>
<td>Land Aerobics</td>
<td>SilverSneakers® Cardio Circuit</td>
</tr>
<tr>
<td>Tuesday, Wednesday and Thursday 9:30 – 10:15 a.m.</td>
<td>Fort Oglethorpe United Methodist Church 1733 Battlefield Parkway, 30742</td>
<td>Land Aerobics</td>
<td>SilverSneakers® Muscular</td>
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</tbody>
</table>

**Class Cost**
North Georgia YMCA Members  All Classes Included with Membership

**Water Fitness Dates Closed 2018:**
- January 1-5
- April 30 - May 4*  
- May 28 - June 1
- November 19-23
- December 24-28

*Closed for Safety Around Water Program

5:45 p.m. evening class only

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**Land Aerobics Class Descriptions**

**SilverSneakers® Muscular Strength & Range of Movement**
Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance, and a chair is used for seated and/or standing support.

**SilverSneakers® Cardio Circuit**
Combine fun and fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength work using hand-held weights, elastic tubing with handles, and a ball is alternated with non-impact aerobic choreography. A chair is offered for support, head to toe stretching, and complete relaxation in a comfortable position.

**North Georgia Community YMCA**
1733 Battlefield Parkway
Fort Oglethorpe, GA 30742
706-935-2226
ngaymca@ymcachattanooga.org