



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

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.



NORTH GEORGIA COMMUNITY YMCA

1733 Battlefield Parkway Fort Oglethorpe, GA 30742
706.935.2226

ymcachattanooga.org



See reverse side for class descriptions and schedules.

SilverSneakers Land & Water Aerobics Class Information

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

Class Cost

North Georgia YMCA Members All Classes Included with Membership

Water Fitness Dates Closed 2018:

January 1-5 November 19-23
April 30 – May 4* December 24-28
May 28 – June 1

*Closed for Safety Around Water Program
5:45 p.m. evening class only

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.

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