

YHEALTH & FITNESS™

The YMCA has many options for people dealing with chronic pain.

Moving For Better Balance

This program enhances traditional Tai Chi by transforming the movements into therapeutic training for balance and daily functioning. The goals of the program are to improve postural stability, control of body positioning, gait initiation, movement symmetry and coordination, and to build lower-extremity strength. Chair-supported progressions, from completely seated, through sit-and-stand, to chair-assisted, are also included to meet the specific needs and performance capabilities. Monday and Wednesday 9:00 to 10:00 am

Restorative Yoga

Restorative yoga is a gentle style of yoga ideal for older adults, persons recovering from injury and athletes needing increased mobility. Using poses that are designed to free up stiff joints and muscles, this is a great way to end your week. Friday 3:30 to 5:00 pm

Therapeutic Mobility

A very gentle class in the 97 degree therapy pool emphasizing stretching, joint mobility, range of motion and body awareness. Monday and Wednesday 10:15 to 11:00 am

All classes are included with YMCA membership or \$9 day pass.

Adult membership is \$39 per month and Senior is \$33 per month.

Financial assistance is available.



**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

For more info, contact:

Jeni Beck, Fitness Director

541-772-6295 x104

jbeck@rvymca.org