

# YHEALTH & FITNESS™

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

## **Easy Movement For Easing Pain**

Join us to learn tools and techniques for self-care and pain management. You will learn gentle movement practices for releasing muscle and joint pain as well as chronic tension in your body. You will learn breathing techniques, progressive muscle relaxation and meditation techniques to calm anxiety. Thursday 1:30 to 2:30 pm

## **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

## **Qigong**

Come as you are for this no-sweat, ancient Chinese practice of meditative movement. Movements are done standing and can also accommodate those who prefer to sit. Open up the 12 energy channels throughout your body to augment health and self-healing. Wednesday 7:30 to 8:00 am and 12:15 to 12:45 pm

## **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 with \$60 joining fee for both. Financial assistance is available.



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

**For more info, contact:**  
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