

GET HEART  
HEALTHY!



# WILSON FAMILY YMCA

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[www.wilsonymca.com](http://www.wilsonymca.com)



YMCA

We build strong kids,  
strong families, strong communities.

# SENIOR WELLNESS



WILSON FAMILY  
YMCA



## SENIOR WELLNESS: GET THE FACTS

A consistent program of light exercise aids in alleviating symptoms of arthritis.



Nearly one-fifth of older adults are obese.



One-third of older adults do not participate in any form of exercise, and two-thirds do not eat the recommended amount of fruits and vegetables each day.



A regular exercise program for those between the ages of 55-75 can help maintain and even build bone density and muscle mass.

## GET MOVING!

### Rx Fitness

(Prescriptive)

This class is just what the doctor ordered for anyone who needs a monitored, beginning exercise program. Your heart rate, blood pressure, and rate of perceived exertion will be constantly monitored in this low-impact class.

Join Balette Woodruff



### Low Aerobics

A moderately paced class for participants looking for an “in between” level of movement, not too fast and not too slow.

### Line Dancing

This class incorporates easy, basic line dancing moves!

### Yoga With Chairs

Yoga with Chairs is for anyone who has difficulty with a regular yoga class, or for anyone who hasn't tried yoga because of physical challenges from age or injury.



JOIN A CLASS AT  
THE WILSON FAMILY  
YMCA TODAY!

**YHEALTH & FITNESS**  
We build strong kids, strong families, strong communities.