



Virtual At Home Workout Guide for Active Older Adults

MON	TUE	WED	THUR	FRI	SAT	SUN
Chair Yoga with Joy	AOA Strength with Jen	Core & Balance	Silver Circuit: Weights	Silver Sneakers Full Body Workout	Silver Sneakers Endurance Training	
Y: Tai Chi	Go for a walk or run outside!	Meditation	Go for a walk or run outside!	Y: Tai Chi	Meditation	Use today as a rest day or do another activity!
LIFE (Low Impact For Everyone) with Rachel	Chair Yoga with Rachel	Chair Yoga	Silver Sneakers Yoga Flow	Silver Sneakers Relax & Restore	Silver Sneakers Strength & Balance	

This workout guide is specifically designed for active older adults who want to maintain a regular workout schedule while at home. We've provided suggestions for you using our YMCA360, Silver Sneakers, and YMCA of Greater Indianapolis YouTube Channel, with workouts from your very own Y instructors!

Join us to challenge yourself and engage with other members while you stay at home.

For additional options, visit our [YMCA of Greater Indianapolis YouTube channel](#)

CLASS COLOR CODE:

Active Older Adults MIND/BODY

CARDIO