

JOIN FOR A BETTER YOU

MEMBERSHIP OPTIONS

A Full Membership includes:

- Lap swim pool
- Heated therapy pool
- Soothing Sauna
- Use of Fitness Center
- Access to Beginner Fitness Area
- Fitness orientation with our Healthy Lifestyles staff
- Shower & Locker Room
- Gymnasium & Racquetball Courts
- Complimentary fitness classes including ZUMBA, Yoga and Tai Chi

A Fit Plus Membership includes:

All of the mentioned above plus...

- Private "Adults Only" locker room and exercise area.
- Sauna, steam room, and heated whirlpool
- Complimentary towel and bathing suit service
- Comfortable lounge area
- Convenient parking and private entrance.

MEMBERSHIP OPTIONS

MEMBERSHIP OPTIONS	COST
AOA (62+) Individual	\$42/mo
AOA (62+) Couple	\$68/mo
AOA (62+) Fit Plus Individual	\$64/mo
AOA (62+) Fit Plus Couple	\$105/mo
Program Individual	\$80/yr + daily fee

Prices are based on automatic payments from a checking account or credit card and there is NO annual contract. All memberships are subject to an enrollment fee. **Pay annually and save 15%!**



GET ACTIVE STAY HEALTHY

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Active Older Adult Fitness Programs

COMPLIMENTARY TWO WEEK TRIAL MEMBERSHIP INSIDE



The Middlesex Y is a proud partner of the Silver Sneakers Fitness Program. Please contact your insurance carrier to see if you qualify for a **FREE YMCA membership.**

MIDDLESEX YMCA

99 Union Street • Middletown, CT • 06457
860-347-6907
www.midymca.org

For a better you. For a better community. For a better us.™





TRY THE Y

This coupon entitles you to a FREE 2 week trial membership at the Middlesex YMCA.

Photo I.D. Required

Middlesex YMCA • 99 Union Street • Middletown, CT • 06457
*This offer is valid for new AOA members only.

AQUATICS CLASS DESCRIPTIONS

Aqua Motion: The most gentle of all water classes. Balance, water walking and smooth range of motion exercises with minimal resistance. An ideal entry or return to water exercise class.

Aqua Motion 2: Class format includes water walking of all types, optional equipment usage for more resistance, balance and easy strength moves.

Weekday Warriors: Strengthen and tone your muscles while increasing your cardiovascular endurance. Combo of low and high impact moves: runs, kicks, jumps, twists, suspension work, resistance work. Equipment is provided. High level class.

Water Warriors: Highest level class. Sustained mid to high level activities for 24+ minutes. Resistance work with equipment for core, arms, legs. Suspension component 20 minutes. Balance challenges.

Water Workout: Strengthen and tone your muscles in warm, shallow water. Work with equipment and resistance to increase cardio endurance. Mid to high level class.

Anchor Down: A low to mid impact class which assists with gaining range of motion, strength and power. Work with equipment and water resistance for this mid-level class. This class is a great step up from Aqua Motion.

FITNESS CLASS DESCRIPTIONS

Circuit Training: A 45 minute interval class held in our Beginner Room, combining strength training and a cardiovascular workout.

Syncopation Gold: A fun, lower-intensity dance fitness class.

Silver Sneakers: 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.

Tai Chi: Achieve stress reduction and improve your balance and flexibility through gentle movements.

Yoga Stretch: Move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and a final relaxation will promote stress reduction and mental clarity.

Fitness & Aquatics Schedule (Subject to change)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Aqua Motion 8:30-9:30am Small Pool	Water Workout 8:30-9:30am Small Pool	Aqua Motion 8:30-9:30am Small Pool	Water Workout 8:30-9:30am Small Pool	Aqua Motion 8:30-9:30am Small Pool	Water Warriors 8:30-9:30am Large Pool
Weekday Warriors 9:00-10:00am Large Pool	Circuit Training 8:30-9:15am Beginner Fitness Room	Weekday Warriors 9:00-10:00am Large Pool		Weekday Warriors 9:00-10:00am Large Pool	
Aqua Motion 2 10:15-11:15am Small Pool	Anchor Down 9:45-10:45am Small Pool	Aqua Motion 2 10:15-11:15am Small Pool	Anchor Down 9:45-10:45am Small Pool	Aqua Motion 2 10:15-11:15am Small Pool	
Syncopation Gold 11:00-11:45am Fitness Studio	Yoga Stretch 11:00-11:50am Fitness Studio	Tai Chi 11:00-11:45am Fitness Studio	Yoga Stretch 11:00-11:50am Fitness Studio	Syncopation Gold 11:00-11:45am Fitness Studio	
Silver Sneakers 12:00-12:45pm Fitness Studio		Silver Sneakers 12:00-12:45pm Fitness Studio		Silver Sneakers 12:00-12:45pm Fitness Studio	
Water Warriors 5:15-6:15pm Large Pool					

Water Class (cost varies based on membership type)
 Fitness Class (FREE with ANY membership)

Small Pool Open Adult Swim (Subject to change)				
Monday 7:30-8:30am 12:00-3:00pm 5:00-6:00 Quiet Adult Swim 7:00-8:00pm	Tuesday 7:00-8:30am 12:45-3:00pm 7:00-8:00pm	Wednesday 7:00-8:30am 12:30-4:00pm	Thursday 7:30-8:30am 12:45-3:00pm 7:00-8:00pm	Friday 7:00-8:30am 12:30-4:00pm

