

YMCA Pyramid Fitness For 60+

The YMCA Pyramid Fitness For 60+ is designed for healthy adults over the age of 60 that want to retain strength, mobility, and independence.

Strength is a basic component of fitness and wellness and is crucial for optimal performance in daily activities such as sitting, walking, lifting and carrying objects, doing housework, and enjoying recreational activities. From a health standpoint, strength helps to maintain muscle tissue and a higher resting metabolism, lessens the risk for injury, and helps to prevent and eliminate chronic low-back pain.

According to most exercise physiologists, muscular strength also seems to be the most important health-related component of physical fitness in the older-adult population. Though proper cardio-respiratory endurance is necessary to help maintain a healthy heart, good strength levels do more toward independent living than any other fitness component. Studies show that more than anything else, older adults want good health and function independently.

The American College of Sports Medicine (ACSM) and the American Heart Association issued exercise guidelines for seniors that call for 2 to 3 workouts a week incorporating strength training, along with functional based exercises to help maintain mobility and independent living.

Program Outline:

Initial Physical Fitness Assessment cardio-respiratory endurance, flexibility, and muscular strength and endurance. Re-evaluations will be administered on a quarterly basis to assess any physiological changes that have occurred.

Pyramid level #1 Monday's 11:00 am - 12:00 pm

Pyramid level #2 Wednesday's 11:00 am - 12:00 pm

Pyramid level #3 Friday's 11:00 am - 12:00 pm

Program Fee: Members: \$20 month to month, or \$50 per quarter
Non-members: Daily pass fee + program fee



For more information about Pyramid Fitness For 60+ please contact Brent Johnson
360-258-384 or bjohnson@ymca-portland.org



The American College of Sports Medicine (ACSM) recommends 2 to 3 strength training sessions each week. The (ACSM) has shown that regular strength training improves strength, balance, gait, speed, functional independence, mobility, morale, depression symptoms, and energy intake.

In addition to these benefits, building strong muscles reduces the risk of obesity, diabetes, heart disease, colon cancer, osteoporosis, low back pain, and arthritis.

Pyramid Fitness for healthy adults over the age of 60 can double or triple your strength in just a few months. The program combines 3 different levels of dynamic and functional strength training that meets the (ACSM) guidelines and will provide maximum strength benefits in the least amount of time.
(35 minutes / 3 times each week)

The YMCA Pyramid Fitness for 60+ has 3 pyramid levels. Level #1 is Dynamic training using exercise machines that are safe, effective and time efficient. The machines are easy to learn and perform, and they provide comprehensive muscle conditioning for all the major muscle groups.

Level #2 is Dynamic training emphasizing dumbbells and light-weight barbells. This type of training develops more balance, control and coordination than machines, and is more challenging.

Level #3 is Functional training that will improve balance, movement control, and core strength. Functional training will place minimum stress on joints and connective tissue, while increasing dynamic flexibility and balance; important fitness components for older men and women.

Program Outline:

Initial Physical Fitness Assessment evaluating body composition, cardio-respiratory endurance, flexibility, and muscular strength and endurance. Re-evaluations will be administered on a quarterly basis to assess any physiological changes that have occurred.

Pyramid level #1 Monday's 10:30—11:15am

Pyramid level #2 Wednesday's 1:30—2:15pm

Pyramid level #3 Friday's 10:30—11:15am

**Program Fee: Members: \$20 month to month, or \$50 per quarter
Non-members: Daily pass fee + program fee**

You Are What You Do / www.ymca-portland.org

YMCA Pyramid Fitness For 60+

The YMCA Pyramid Fitness For 60+ is designed for healthy adults over the age of 60 that want to retain strength, mobility, and independence.

Strength is a basic component of fitness and wellness and is crucial for optimal performance in daily activities such as sitting, walking, lifting and carrying objects, doing housework, and enjoying recreational activities. From a health standpoint, strength helps to maintain muscle tissue and a higher resting metabolism, lessens the risk for injury, and helps to prevent and eliminate chronic low-back pain.

According to most exercise physiologists, muscular strength also seems to be the most important health-related component of physical fitness in the older-adult population. Though proper cardio-respiratory endurance is necessary to help maintain a healthy heart, good strength levels do more toward independent living than any other fitness component. Studies show that more than anything else, older adults want good health and function independently.

The American College of Sports Medicine (ACSM) and the American Heart Association issued exercise guidelines for seniors that call for 2 to 3 workouts a week incorporating strength training, along with functional based exercises to help maintain mobility and independent living.

Program Outline:

Initial Physical Fitness Assessment cardio-respiratory endurance, flexibility, and muscular strength and endurance. Re-evaluations will be administered on a quarterly basis to assess any physiological changes that have occurred.

Pyramid level #1 Monday's 11:00 am - 12:00 pm

Pyramid level #2 Wednesday's 11:00 am - 12:00 pm

Pyramid level #3 Friday's 11:00 am - 12:00 pm

Program Fee: Members: \$20 month to month, or \$50 per quarter
Non-members: Daily pass fee + program fee



For more information about Pyramid Fitness For 60+ please contact Brent Johnson
360-258-384 or bjohnson@ymca-portland.org



The American College of Sports Medicine (ACSM) recommends 2 to 3 strength training sessions each week. The (ACSM) has shown that regular strength training improves strength, balance, gait, speed, functional independence, mobility, morale, depression symptoms, and energy intake.

In addition to these benefits, building strong muscles reduces the risk of obesity, diabetes, heart disease, colon cancer, osteoporosis, low back pain, and arthritis.

Pyramid Fitness for healthy adults over the age of 60 can double or triple your strength in just a few months. The program combines 3 different levels of dynamic and functional strength training that meets the (ACSM) guidelines and will provide maximum strength benefits in the least amount of time.
(35 minutes / 3 times each week)

The YMCA Pyramid Fitness for 60+ has 3 pyramid levels. Level #1 is Dynamic training using exercise machines that are safe, effective and time efficient. The machines are easy to learn and perform, and they provide comprehensive muscle conditioning for all the major muscle groups.

Level #2 is Dynamic training emphasizing dumbbells and light-weight barbells. This type of training develops more balance, control and coordination than machines, and is more challenging.

Level #3 is Functional training that will improve balance, movement control, and core strength. Functional training will place minimum stress on joints and connective tissue, while increasing dynamic flexibility and balance; important fitness components for older men and women.

Program Outline:

Initial Physical Fitness Assessment evaluating body composition, cardio-respiratory endurance, flexibility, and muscular strength and endurance. Re-evaluations will be administered on a quarterly basis to assess any physiological changes that have occurred.

Pyramid level #1 Monday's 11:00 am - 12:00 pm

Pyramid level #2 Wednesday's 11:00 am - 12:00 pm

Pyramid level #3 Friday's 11:00 am - 12:00 pm

**Program Fee: Members: \$20 month to month, or \$50 per quarter
Non-members: Daily pass fee + program fee**

You Are What You Do / www.ymca-portland.org