

East YMCA

November 2009

Classes	Day	Time	Instructor	Location
SilverSneakers® YogaStretch	Monday	9:00 -10:00am	Mary	Studio
AOA Water X (after 11/16)	Monday	9:00 – 9:45am	TBD	Pool
YMCA Water Fitness	Monday	10:00-10:45am	Stephanie	Pool
SilverSneakers® Cardio Circuit	Monday	11:10-11:55am	Jill	Studio
BodyVive™	Tuesday	9:00-10:00am	Julie	Studio
AOA Water X (after 11/16)	Tuesday	9:00-9:45 am	TBD	Pool
SilverSneakers® MSROM	Tuesday	10:15-11:00am	Jill	Studio
YMCA Water Exercise	Tuesday	6:30-7:30pm	Kayla	Pool
Silver Splash®	Wednesday	9:00-9:45 am	Julie	Pool
Cardio Dance (Latin)	Wednesday	9:00-10:00am	Jill	Studio
YMCA Water Fitness	Wednesday	10: 00-10:45am	Kayla	Pool
SilverSneakers® Cardio Circuit	Wednesday	11:10-11:55am	Cathy	Studio
SilverSneakers® YogaStretch	Wednesday	1:05- 2:05pm	Libby/ Mary	Studio
Cardio	Thursday	9:00-9:30am	Ann	Studio
AOA Strength	Thursday	9:30 – 10:00am	Ann	Studio
SilverSneakers® MSROM	Thursday	10:15-11:00am	Ann	Studio
YMCA Water Fitness	Friday	10:00-10:45am	Linda	Pool
SilverSneakers® Cardio Circuit	Friday	11:10-11:55am	Suzuki	Studio
YMCA Water Fitness	Saturday	9:00-10:00am	Jenny	Pool
Zumba™	Saturday	9:35-10:35am	An’Nisa	Studio

November Activities

<u>Activities</u>	<u>Day</u>	<u>Time</u>	<u>Cost</u>
Coffee (conference room)	Every Friday	11:00-1 pm	Free! Bring treats to share.
Chili & Bingo!	Tuesday 11/3	11:30 – 1 pm	\$8 Members/ \$12 Non-members
Oklahoma! (Chanhassen)	Wednesday 11/11	10:15 – 4:30	\$60 Members/ \$67 Non-members

Save the date for our annual holiday potluck! Friday, Dec. 13th

Tips for a healthier Thanksgiving and healthier holiday season

Here are some eating strategies to keep in mind for Thanksgiving Day:

1. Don't come to Thanksgiving dinner with an empty stomach. The less hungry you are, the less you will be tempted to overeat.
2. Instead of trying to limit yourself to one serving, take a small serving so you can have seconds.
3. Fill up on things like turkey, vegetables or other dishes that are close to your diet.
4. Prioritize your desserts. Allow yourself to have dessert, but stop and think for just a moment. "What do I really like and where do I want to spend my calories?" Don't just fill up the plate. If you like everything, take small portions of everything.
5. Try to take a brief walk before Thanksgiving dinner and a short walk afterwards.



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