

## Affordable Exercise in Lorain and Wayne Counties

### Chair Yoga

Every Thursday at 10 a.m., beginning August 24 through October 26, free Chair Yoga classes will be given at LCCC-Wellington Center, 151 Commerce Drive, Wellington; tel.: 440-647-1776. Chair Yoga increases mobility, strength and flexibility, improves relaxation and reduces stress and pain. There is no registration required and the classes are free.

### SilverSneakers

For eligibility and locations:

<https://tools.silversneakers.com/>

SilverSneakers is a leading fitness program designed exclusively for adults 65 and older and is sponsored by Medicare health plans throughout the U.S. The initiative promotes greater health engagement and accountability by providing members with regular exercise and social opportunities, including online fitness video classes. These are great for workouts in your own home!

### United We Sweat

<https://www.loraincountyhealth.com/unitedwesweat>

This is a rich online resource of places to go for a listing of free fitness activities! Activities are even coded for being “Senior Friendly”:

 Senior Friendly

It also includes online exercise classes.

### YMCAs of Lorain County

<https://www.countyoffice.org/oh-lorain-county-ymca/>

There are three YMCAs in Lorain County: Lorain, Vermilion and Avon. They serve the senior community in the areas of Fitness Programs, Swimming and Active Adult.

### YMCA of Wayne County

<http://ymcawayne.org/>