



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Silver Sneakers SCHEDULE

BEGINNING AUGUST 6

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00-9:50am SILVER SNEAKERS: <u>CLASSIC</u> 10:00-11:00am SILVER SNEAKERS: <u>CIRCUIT</u>	10:15-11:15am SILVER SNEAKERS: <u>CLASSIC</u> 11:15-12:15am SILVER SNEAKERS: <u>YOGA</u>	9:00-10:00am SILVER SNEAKERS: <u>CIRCUIT</u>	10:15-11:15m SILVER SNEAKERS: <u>CLASSIC</u> 11:15-12:15am SILVER SNEAKERS: <u>YOGA</u>		

*Silver Sneakers classes are available to all Y members