



Southtowns Family YMCA

SilverSneaker® Schedule

Early Winter Session (Oct. 30-December 17, 2011)

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Silver Splash 8:00-9:00 am (Pool)	SilverSneakers Yoga Stretch 8:00-9:00 am (Main Gym)	Silver Splash 8:00-9:00 am (Pool)	SilverSneakers Yoga Stretch 8:00- 9:00 am (Main Gym)	Silver Splash 8:00-9:00 am (Pool)	
	SilverSneakers Muscular Strength 8:15-9:15 am (Main Gym)	SilverSneakers Muscular Strength 8:15-9:15 am (Main Gym)	SilverSneakers Muscular Strength 8:15-9:15 am (Main Gym)	SilverSneakers Muscular Strength 8:15-9:15 am (Main Gym)	SilverSneakers Muscular Strength 8:15-9:15 am (Main Gym)	SilverSneakers Muscular Strength 8:00-9:00 am (Main Gym)
	SilverSneakers Muscular Strength 9:30- 10:30 am (Main Gym)	SilverSneakers Cardio Circuit 9:30-10:30am (Main Gym)	SilverSneakers Muscular Strength 9:30- 10:30 am (Main Gym)	SilverSneakers Cardio Circuit 9:30-10:30 am (Main Gym)	SilverSneakers Muscular Strength 9:30- 10:30 am (Main Gym)	
	SilverSneakers Cardio Circuit 10:30-11:15 am (Main Gym)	SilverSneakers Silver Circuit 10:30-11:15am 12-12:45pm (Wellness Center)	SilverSneakers Cardio Fit 10:30-11:15 am (Main Gym)	Senior Group Cycling 10:30 -11:15am (Aux Gym)	SilverSneakers Cardio Circuit 10:30-11:15 am (Main Gym)	
	SilverSneakers Muscular Strength 11:30am-12:30 (Aux Gym)		SilverSneakers Yoga Stretch 11:30- 12:30 pm (Pool Viewing)			
		SilverSneakers Muscular Strength 1:30- 2:30 pm (Main Gym)		SilverSneakers Muscular Strength 1:30- 2:30 pm (Main Gym)		
