

Winter  
January 3 – February 27, 2010

## YACTIVE OLDER ADULT SILVERSNEAKERS SCHEDULE – WINTER 2010

<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
	SilverSplash 8:00-9:00am (Pool)	SilverSneakers Yoga Stretch 8:00-9:00am (Aux Gym)	SilverSplash 8:00-9:00am (Pool)	SilverSneakers Yoga Stetch 8:00-9:00am (Aux Gym)	SilverSplash 8:00-9:00am (Pool)	
	SilverSneakers Muscular Strength 8:15-9:15am (Main Gym)	SilverSneakers Muscular Strength 8:15 -9:15am (Main Gym)	SilverSneakers Muscular Strength 8:15-9:15am (Main Gym)	SilverSneakers Muscular Strength 8:15-9:15am (Main Gym)	SilverSneakers Muscular Strength 8:15-9:15am (Main Gym)	SilverSneakers Muscular Strength 8:00 -9:00am (Main Gym)
	SilverSneakers Muscular Strength 9:30-10:30am (Main Gym)	SilverSneakers Cardio Circuit 9:30-10:30am (Main Gym)	SilverSneakers Muscular Strength 9:30-10:30am (Main Gym)	SilverSneakers Cardio Circuit 9:30-10:30am (Main Gym)	SilverSneakers Muscular Strength 9:30-10:30am (Main Gym)	
	SilverSneakers Cardio Circuit 10:30-11:15am (Main Gym)		SilverSneakers Cardio Circuit 10:30-11:15am (Main Gym)		SilverSneakers Cardio Circuit 10:30 -11:15am (Main Gym)	
		SilverSneakers Muscular Strength 1:30-2:30pm (Main Gym)	SilverSneakers YogaStretch 11:30-12:30pm (Aux Gym)	SilverSneakers Muscular Strength 1:30-2:30pm (Main Gym)		

Effective 1/1/10