

Early Spring
February 28- May 1, 2010

YACTIVE OLDER ADULT SILVERSNEAKERS SCHEDULE – EARLY SPRING 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	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 3/10