



Delaware Family YMCA
ACTIVE OLDER ADULT & SILVERSNEAKERS® SCHEDULE

Winter Session (January 2nd – February 25th, 2012)

FOR YOUTH DEVELOPMENT
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Gym & Aerobics Studio	Step Aerobics 9:00-10:00 am		Fusion 9:00-10:00 am		Step Aerobics 9:00-10:00 am
	SilverSneakers® YogaStretch 10:15-10:45 am		SilverSneakers® YogaStretch 10:15-10:45 am		SilverSneakers® YogaStretch 10:15-10:45 am
	SilverSneakers® CardioCircuit 11:00-12:00 pm	SilverSneakers® MSROM 11:00-12:00 pm	Dance Aerobics 11:00-11:45 am	SilverSneakers® MSROM 11:00-12:00 pm	SilverSneakers® CardioCircuit 11:00-12:00 pm
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Pool	Water Ball Warm Up 9:00-9:25 am		Water Ball Warm Up 9:00-9:25 am		Water Ball Warm Up 9:00-9:25 am
	Silver Splash® 9:25-10:25 am		Silver Splash® 9:25-10:25 am		Silver Splash® 9:25-10:25 am
	Water Walking 10:30-11:30 am	Aqua Fit 10:00-11:00 am	Water Walking 10:30-11:30 am	Aqua Fit 10:00-11:00 am	Water Walking 10:30-11:30 am
	Strength & Stretch 12:30-1:30 pm		Strength & Stretch 12:30-1:30 pm		Strength & Stretch 12:30-1:30 pm
		Aqua Fit 7:15-8:15 pm	White Water Workout 5:45-6:45 pm	Aqua Fit 7:15-8:15 pm	

Revised 2/15/11

Schedule subject to change. For more information call 875-1283.