



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

GROUP EXERCISE SCHEDULE INCLUDED WITH MEMBERSHIP

Monday Tuesday Wednesday Thursday Friday

May 2026

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| Silver Sneakers Classic Y ROOM 8:00 AM BRENDA | Silver Sneakers Balance & Stability Y ROOM 8:00 AM BRENDA | Silver Sneakers Yoga Y ROOM 8:00 AM SALLY | | Silver Sneakers Classic Y ROOM 8:00 AM BRENDA |
| | | Boom Muscle Y ROOM 10:00 AM BRENDA | Silver Sneakers Balance & Stability Y ROOM 10:00 AM GAIL | |
| Silver Sneakers Classic Y ROOM 11:15 AM JENNY | Boom Mind Y ROOM 11:00 AM MACHILLE | Silver Sneakers Yoga Y ROOM 11:15 AM CAROL | Silver Sneakers Yoga Y ROOM 11:00 AM CAROL | Silver Sneakers Classic Y ROOM 11:15 AM SALLY |
| Silver Sneakers Circuit Y ROOM 12:15 PM JAN | Silver Sneakers Intro to Balance & Stability Y ROOM 12:00 PM JAN | Silver Sneakers Circuit Y ROOM 12:15 PM JAN | Boom Muscle Y ROOM 12:00 AM MARY | Silver Sneakers Circuit Y ROOM 12:15 PM SALLY |
| Silver Sneakers Splash MAIN POOL 1:30 PM JAN | Silver Sneakers Splash MAIN POOL 1:30 PM JAN | Silver Sneakers Splash MAIN POOL 1:30 PM JAN | | |