

Pav YMCA Winter Session 1/8/2024-2/18/2024

GROUP EXERCISE CLASSES (16+ yrs):

Boot Camp Cardio Blast Indoor Cycling Interval Training Strength & Tone Yoga Zumba

GROUP EXERCISE CLASSES (55+ yrs):

Active Older Adults #AOA Chair Yoga Shake & Twist Silver Sneakers

Water Arthritis (Pool) Water Works (Pool)

GROUP EXERCISE RESTORATIVE HEALTH CLASSES (ALL AGES):

LiveStrong @ the YMCA Wellness House Yoga

*All ages need physician approval to join.

	SUN	SUN MON		TUE WED			THU		FRI		SAT		
	Opens 8am	Open	s 6am	Орє	ns 6am	Ор	ens 6am	Ор	ens 6am	Open	s 6am	Open	s 7am
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7:30 AM		 											Arthritis
7:45 AM												Pool 7:15-8a	
8:00 AM				Silver				Cilver				Boot	Silver
8:15 AM	Indoor Cycling	Silver Sneakers Dance Studio 8-8:50a		Sneakers Dance Studio 8-8:50a 8:30-9:25a		Silver Sneakers Dance Studio 8-8:50a		Silver Sneakers Dance Studio 8-8:50a 8:30-9:25a				Сатр	Sneakers
8:30 AM	North Gym										North Gym 5 8-9a	Dance	
8:45 AM	8-9a											Studio 8-8:50a	
9:00 AM		Silver					Cilore			Silver			0-0,50a
9:15 AM		Sneakers		Water Works	Chair Yoga	Water Works	Silver Sneakers	Water Works	Chair Yoga	Sneakers			
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9:45 AM		Studio 9-9:50a		9-9:45a	Studio 9-10a	9-9;45a	Studio 9-9:50a	9-9;45a	Studio 9–10a	Studio 9-9:50a		Dance	
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7:00 PM		7	Livering	7			Dance	Von					
7:15 PM		Zumba Dance	Livestrong Wellness	Zumb Dance :			Studio 6:30-7:30p	Yoga Dance					
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