



# GROUP EXERCISE & AQUATIC SCHEDULE

## Active Older Adults

YMCA OF YORK COUNTY, YORK BRANCH

Fall 2017: Schedule effective November 1, 2017 and subject to change

Studio A	Monday	Tuesday	Wednesday	Thursday	Friday
Please register for classes at the Membership Desk each month <b>Please follow safety guidelines for Wellness classes:</b> *bring a water bottle *attend class on time; pass on class if you are more than 5 minutes late because warm-up is over *don't leave class in the middle without giving the "thumbs up" to the instructor  <b>Aquatics</b> Please bring a water bottle to class. Please shower before entering the pool.	<b>10:10-10:55 am</b> <b>SilverSneakers®</b> <b>Yoga</b> <b>Teena</b>	<b>10:30-11:00</b> <b>BOOM® MOVE IT</b> <b>Meghan</b>	<b>10:10-10:55 am</b> <b>SilverSneakers®</b> <b>Yoga</b> <b>Ann</b>	<b>10:30-11:00</b> <b>BOOM® MIND</b> <b>Brooke</b>	<b>10:10-10:55 am</b> <b>SilverSneakers®</b> <b>Yoga</b> <b>Dolly</b>
	<b>11:00-12:00 pm</b> <b>Enhance®Fitness</b> <b>Teena</b>	<b>11:15-12:00 pm</b> <b>SilverSneakers®</b> <b>Classic</b> <b>Heather</b>	<b>11:00-12:00 pm</b> <b>Enhance®Fitness</b> <b>Eleesa</b>	<b>11:15-12:00 pm</b> <b>SilverSneakers®</b> <b>Classic</b> <b>Lisa</b>	<b>11:00-12:00 pm</b> <b>Enhance®Fitness</b> <b>Brooke</b>
	<b>12:10-12:50</b> <b>BOOM MUSCLE</b> <b>Evvy</b>				
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	<b>9:00-10:00AM</b> <b>Senior Swim &amp; Exercise</b>	<b>9:00-9:45AM</b> <b>Water in Motion</b> <b>Platinum</b>	<b>9:00-10:00AM</b> <b>Senior Swim &amp; Exercise</b>	<b>9:00-9:45AM</b> <b>Water in Motion</b> <b>Platinum</b>	<b>9:00-10:00AM</b> <b>Senior Swim &amp; Exercise</b>
<b>10:15-11:00AM</b> <b>Water in Motion</b> <b>Erika</b>					
<b>12:15-1:00PM</b> <b>Arthritis Aquatics</b>		<b>12:15-1:00PM</b> <b>Arthritis Aquatics</b>		<b>12:15-1:00PM</b> <b>Arthritis Aquatics</b>	
<b>2:00-3:00PM</b> <b>Senior Swim &amp; Exercise</b>		<b>2:00-3:00PM</b> <b>Senior Swim &amp; Exercise</b>		<b>2:00-3:00PM</b> <b>Senior Swim &amp; Exercise</b>	