



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ACTIVE OLDER ADULT WELLNESS SCHEDULE WINTER 2019

SOUTHERN BRANCH YMCA

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|---|---|--|---|----------|--------|
| 8:00 – 8:40 Arthritis Pool 9:00 – 9:45 Silver Splash Pool | | 8:00 – 8:40 Arthritis Pool | | 8:00 – 8:40 Arthritis Pool | | |
| Tai Chi Movements 8:00 – 9:00 Studio B Doug | | | | | | |
| Stability 9:45 – 10:15 Gym Tara | Active Older Adult Cardio Dance 10:30-11:15 Brenna Gym | | | | | |
| 10 – 10:45 Noodle Workout Pool | | 10 – 10:45 Noodle Workout Pool | | 10 – 10:45 Noodle Workout Pool | | |
| Classic 11:30 – 12:15 Gym Tara | Yoga 11:30 – 12:30 Gym Chris | Active Older Adult Yoga 11:30-12:30 Gym Chris | Classic 11:30 – 12:15 Gym Justin | Yoga 11:30-12:30 Gym Chris | | |
| | Tai Chi Movements 11:30 – 12:30 Studio B Doug | BOOM Muscle 1:00 – 1:30 Gym Tara | | BOOM Muscle 1:00 – 1:30 Gym Tara | | |
| | | | | Seated Tai Chi 12:30-1:30 Studio B Doug | | |

>>Schedule begins Jan 2nd<<
See Aquatic Schedule for additional exercise classes
Schedule updated 12/04/201