



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ACTIVE OLDER ADULT WELLNESS SCHEDULE

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 A Doug						
10 – 10:45 Noodle Workout Pool	Tai Chi Movements 9:00 – 10:00 Gym Doug					
		10 – 10:45 Noodle Workout Pool		10 – 10:45 Noodle Workout Pool		
Classic 11:30 – 12:15 Gym Tara/Justin	Yoga 11:30 – 12:30 Gym Chris	Active Older Adult Yoga 11:30-12:30 Gym Chris	Classic 11:30- 12:15 Gym Darla	Yoga 11:30-12:30 Gym Chris		
	Active Older Adult Cardio 11:30-12:15 Brenna Studio A	BOOM Muscle 1:00 – 1:30 Gym Darla		BOOM Muscle 1:00 – 1:30 Gym Justin		
				Seated Tai Chi 11:45-12:45 Studio B Doug		

See Aquatic Schedule for additional exercise classes
Schedule updated 8/15/19