



Meyers Lake YMCA | August 18th - August 24th

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|--|---|--|--|---|---|--------|
| Forever Fit Gym | 9:00AM-10:00AM (Active Older Adults) <i>Krysten W.</i> | | | | 9:00AM-10:00AM (Active Older Adults) | | |
| Silver Sneakers Fred E. Silk Group Exercise Studio | 10:30AM-11:15AM (Active Older Adults) | | 10:30AM-11:15AM (Active Older Adults) | | | | |
| Core Fred E. Silk Group Exercise Studio | 5:30PM-6:15PM (Strength) <i>Tiffany D.</i> | | | | | | |
| Power Pump Fred E. Silk Group Exercise Studio | | 9:00AM-10:00AM (Strength) | | | | | |
| Yoga (Chair) Fred E. Silk Group Exercise Studio | | 10:30AM-11:15AM (Active Older Adults) | | | 10:30AM-11:15AM (Active Older Adults) | | |
| Stretch Fred E. Silk Group Exercise Studio | | 12:00PM-12:45PM (Balance And Flexibility) <i>Krysten W.</i> | | | | | |
| Parkinson's & Multiple Sclerosis Exercise Fred E. Silk Group Exercise Studio | | 1:00PM-2:00PM (Active Older Adults) | | | | | |
| Zumba Fred E. Silk Group Exercise Studio | | 5:30PM-6:15PM (Dance) <i>Louis G.</i> | | | | | |
| Forever Fit Fred E. Silk Group Exercise Studio | | | 9:00AM-10:00AM (Active Older Adults) | | | | |
| Tai Chi Fred E. Silk Group Exercise Studio | | | 11:30AM-12:15PM (Balance And Flexibility) | | 9:00AM-10:15AM (Balance And Flexibility) | | |
| Yoga Fred E. Silk Group Exercise Studio | | | 5:00PM-6:00PM (Balance And Flexibility) | | | 9:00AM-10:00AM (Balance And Flexibility) | |
| Barre Fred E. Silk Group Exercise Studio | | | | 9:00AM-10:00AM (Balance And Flexibility) <i>Louis G.</i> | | | |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|--------|---------|-----------|---|---|----------|--------|
| Senior Balance Fred E. Silk Group Exercise Studio | | | | 10:30AM-11:00AM (Active Older Adults) <i>Krysten W.</i> | | | |
| Circuit Training Fred E. Silk Group Exercise Studio | | | | 12:00PM-1:00PM (Strength) | | | |
| Yogalates Fred E. Silk Group Exercise Studio | | | | 6:00PM-6:45PM (Balance And Flexibility) | | | |
| Pilates Fred E. Silk Group Exercise Studio | | | | | 5:00PM-6:00PM (Balance And Flexibility) <i>Tiffany D.</i> | | |