



Meyers Lake YMCA | May 18th - May 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)				
Strength Fred E. Silk Group Exercise Studio	12:00PM-1:00PM (Strength) <i>Krysten W.</i>						
Core Fred E. Silk Group Exercise Studio	5:30PM-6:15PM (Strength) <i>Tiffany D.</i>						
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 Exercise Class 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>			
Senior Balance Fred E. Silk Group Exercise Studio				10:30AM-11:00AM (Active Older Adults) <i>Krysten W.</i>			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Circuit Training Fred E. Silk Group Exercise Studio				12:00PM-1:00PM (Strength)			
Pilates Fred E. Silk Group Exercise Studio					5:00PM-6:00PM (Balance And Flexibility) <i>Tiffany D.</i>		