



## Schalmo Family YMCA | June 2nd - June 8th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Silver Sneakers</b> Multi-Purpose Room	9:00AM-9:45AM (Active Older Adults)  9:55AM-10:40AM (Active Older Adults)	9:30AM-10:15AM (Active Older Adults)		9:30AM-10:30AM (Active Older Adults)	9:00AM-9:45AM (Active Older Adults)		
<b>Silver Stretch</b> Multi-Purpose Room	10:50AM-11:20AM (Active Older Adults)						
<b>Adaptive Fitness</b> Multi-Purpose Room	4:45PM-5:30PM (Balance And Flexibility)						
<b>Total Body Toning</b> Gym	5:45PM-6:30PM (Strength)	9:00AM-9:45AM (Strength)		9:00AM-9:45AM (Strength)  5:30PM-6:15PM (Strength)			
<b>Zumba</b> Multi-Purpose Room	6:30PM-7:15PM (Dance)						
<b>Power Hour</b> Gym		6:00AM-7:00AM (Strength)		6:00AM-7:00AM (Strength)			
<b>Chair Yoga</b> Multi-Purpose Room		1:00PM-1:45PM (Active Older Adults)	9:30AM-10:15AM (Active Older Adults)				
<b>Cardio X</b> Gym		5:45PM-6:30PM (Cardio)					
<b>POUND</b> Multi-Purpose Room		6:00PM-6:45PM (Dance)					
<b>Yoga</b> Multi-Purpose Room		7:00PM-8:00PM (Balance And Flexibility) <i>alyssa c.</i>				10:00AM-11:00AM (Balance And Flexibility)	
<b>Strength</b> Gym			9:00AM-9:45AM (Strength)				
<b>Mix It Up</b> Gym			5:45PM-6:30PM (Cardio)				
<b>Pilates</b> Multi-Purpose Room				10:30AM-11:15AM (Balance And Flexibility) <i>Jennifer M.</i>			
<b>Parkinson's &amp; Multiple Sclerosis Exercise</b> Gym				10:45AM-11:45AM (Active Older Adults)			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
30/30 Gym					9:00AM-10:00AM (Cardio)		
Saturday Sweat Gym						8:00AM-8:45AM (Cardio)	