

Active Older Adults Group Exercise Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00am - 8:45am Silver Sneakers Classic Curtis - Gilmore Gym	8:00am - 8:45am Silver Sneakers Classic Curtis - Gilmore Gym	8:00am - 8:45am Silver Sneakers Enerchi Curtis - Gilmore Gym	11:15am - 12:00pm Silver Sneakers Classic Deb - Studio 1	8:00am - 8:45am Silver Sneakers/ BOOM Muscle Curtis - Gilmore Gym
9:30am - 10:25am Line Dance Chris - Studio 1		9:30am - 10:30pm Chair Yoga Chris - Holistic Center		8:00am - 9:00am Latin Dance Olga - Studio 1
11:00am - 11:45am Silver Sneakers Classic Curtis - Gilmore Gym		11:00am - 11:30am Zumba Toning Gold Kellie - Studio 1		11:00am - 11:45am Silver Sneakers/ BOOM Muscle Curtis - Gilmore Gym
1:00pm - 1:45pm Silver Sneakers Classic Deb - Studio 1		11:00am - 11:45am Silver Sneakers Enerchi Curtis - Gilmore Gym		1:00pm - 1:45pm Silver Sneakers Classic Deb - Studio 1
				SATURDAY
				Takes place on 2nd & 4th Saturday
				11:00am - 12:00pm Chair Yoga Hope - Holistic Center
				12:00pm - 12:45pm Silver Sneakers Classic Deb - Studio 1

the

YMCA

SilverSneakers

Glenwood Park YMCA

Last Updated: 7/14/26



Glenwood Park YMCA

Last Updated: 7/14/26