

ACTIVE OLDER ADULT - CLASS SCHEDULE

INSTRUCTOR AND CLASS SUBJECT TO CHANGE

<i>Monday</i>			
Time	Class	Instructor	Studio
8:00AM-8:45AM	Silver Sneakers Classic	Curtis	Gilmore Gym
11AM-11:45AM	Silver Sneakers Classic	Curtis	Gilmore Gym
1PM-1:45PM	Silver Sneakers Classic	Deb	Studio 1

<i>Tuesday</i>			
Time	Class	Instructor	Studio
8:00AM-8:45AM	Silver Sneakers Classic	Curtis	Gilmore Gym

<i>Wednesday</i>			
Time	Class	Instructor	Studio
8:00AM-8:45AM	Silver Sneakers Ener-Chi	Curtis	Gilmore Gym
11:00AM-11:45AM	Silver Sneakers Ener-Chi	Curtis	Gilmore Gym

<i>Thursday</i>			
Time	Class	Instructor	Studio
11:00AM-11:45AM	Silver Sneakers Classic	Deb	Studio 1

<i>Friday</i>			
Time	Class	Instructor	Studio
8:00AM-8:45AM	Silver Sneakers - Boom Muscle	Curtis	Gilmore Gym
11:00AM-11:45AM	Silver Sneakers - Boom Muscle	Curtis	Gilmore Gym
1:00pm-1:45PM	Silver Sneakers Classic	Deb	Studio 1

<i>Saturday</i>			
Time	Class	Instructor	Studio
12:00PM-12:45PM	Silver Sneakers Classic	Deb	Studio 1

Looking for pool schedules, yoga, pilates and more?

Visit our full online schedule of amenities at

<https://www.ymcaerie.org/glenwood/amenities/>

September 2026