

# ACTIVE OLDER ADULT - CLASS SCHEDULE

INSTRUCTOR AND CLASS SUBJECT TO CHANGE

| <i><b>Monday</b></i>   |                         |                   |               |
|------------------------|-------------------------|-------------------|---------------|
| <b>Time</b>            | <b>Class</b>            | <b>Instructor</b> | <b>Studio</b> |
| <b>8:00AM-8:45AM</b>   | Silver Sneakers Classic | Curtis            | Gilmore Gym   |
| <b>9:30AM-10:15AM</b>  | Line Dance              | Karen             | Studio 1      |
| <b>11:00AM-11:45AM</b> | Silver Sneakers Classic | Curtis            | Gilmore Gym   |
| <b>1:00PM-1:45PM</b>   | Silver Sneakers Classic | Deb               | Studio 1      |

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

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

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

| <i><b>Friday</b></i>   |                               |                   |               |
|------------------------|-------------------------------|-------------------|---------------|
| <b>Time</b>            | <b>Class</b>                  | <b>Instructor</b> | <b>Studio</b> |
| <b>8:00AM-8:55AM</b>   | Latin Dance Gold              | Olga              | Studio 1      |
| <b>8:00AM-8:45AM</b>   | Silver Sneakers - Boom Muscle | Curtis            | Gilmore Gym   |
| <b>11:00AM-11:45AM</b> | Silver Sneakers - Boom Muscle | Curtis            | Gilmore Gym   |
| <b>1:00pm-1:45PM</b>   | Silver Sneakers Classic       | Deb               | Studio 1      |

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

Scan for full online schedule



*Looking for pool schedules, yoga, pilates and more? Visit our full online schedule of amenities at*

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

October 2026