ACTIVE OLDER ADULT - CLASS SCHEDULE

INSTRUCTOR AND CLASS SUBJECT TO CHANGE

Sunday			
Time	**Class**	**Instructor**	**Location**

Monday			
Time	**Class**	**Instructor**	**Location**
8:00AM-8:45AM	Silver Sneakers Classic	Curtis	Gilmore Gym
9:30AM-10:15AM	Line Dance	Karen	Studio 1
11:00AM-11:45AM	Silver Sneakers Classic	Curtis	Gilmore Gym
1:00PM-1:45PM	Silver Sneakers Classic	Deb	Studio 1

Tuesday			
Time	**Class**	**Instructor**	**Location**
8:00AM-8:45AM	Silver Sneakers Classic	Curtis	Gilmore Gym

Wednesday			
Time	**Class**	**Instructor**	**Location**
8:00AM-8:45AM	Silver Sneakers Ener-Chi	Curtis	Gilmore Gym
11:00AM-11:45AM	Silver Sneakers Ener-Chi	Curtis	Gilmore Gym

Thursday			
Time	**Class**	**Instructor**	**Location**
11:00AM-11:45AM	Silver Sneakers Classic	Deb	Studio 1

Friday			
Time	**Class**	**Instructor**	**Location**
8:00AM-8:55AM	Latin Dance Gold	Olga	Studio 1
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

Saturday			
Time	**Class**	**Instructor**	**Location**
12:00PM-12:45PM	Silver Sneakers Classic	Deb	Studio 1

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

Scan for full online schedule