



GROUP EXERCISE & AQUATIC SCHEDULE

Active Older Adults

YMCA OF YORK COUNTY, YORK BRANCH

Fall 2018: Schedule effective November 1, 2018 and subject to change

	Monday	Tuesday	Wednesday	Thursday	Friday
Studio A					
Please register for classes at the Membership Desk each month	10:10-11:10am Enhance®Fitness Teena	10:30-11:00 BOOM® MOVE IT Meghan	10:10-11:10am Enhance®Fitness Meghan	10:30-11:00 BOOM® MIND Morgan	10:10-11:10am Enhance®Fitness Brooke
		11:15-12:00 pm SilverSneakers® Classic Heather		11:15-12:00 pm SilverSneakers® Classic Lisa	
Studio B					
	11:15-12:00pm SilverSneakers® Yoga Teena		11:15-12:00pm SilverSneakers® Yoga Meghan		11:15-12:00pm SilverSneakers® Yoga Dolly
Aquatics					
Please bring a water bottle to class. Please shower before entering the pool.	9:00-10:00AM Senior Swim & Exercise	9:00-9:45AM Water in Motion Platinum	9:00-10:00AM Senior Swim & Exercise	9:00-9:45AM Water in Motion Platinum	9:00-10:00AM Senior Swim & Exercise
	10:15-11:00AM Water in Motion Erika				
Please follow safety guidelines for Wellness classes:	12:15-1:00PM Arthritis Aquatics		12:15-1:00PM Arthritis Aquatics		12:15-1:00PM Arthritis Aquatics
*bring a water bottle *pass on class if you are more than 5 minutes late because warm-up is over *don't leave class in the middle without giving the "thumbs up" to the instructor	2:00-3:00PM Senior Swim & Exercise		2:00-3:00PM Senior Swim & Exercise		2:00-3:00PM Senior Swim & Exercise