



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# ACTIVE OLDER ADULT WELLNESS SCHEDULE SPRING 2019

SOUTHERN BRANCH YMCA

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00 – 8:40 Arthritis Pool 9:00 – 9:45 Silver Splash Pool		8:00 – 8:40 Arthritis Pool		8:00 – 8:40 Arthritis Pool		
Tai Chi Movements 8:00 – 9:00 Studio A Doug				Silver Sneakers Fitness Program		
10 – 10:45 Noodle Workout Pool	Tai Chi Movements 9:00 – 10:00 Studio B Doug			Stability 9:00 – 9:45 Gym Justin		
		10 – 10:45 Noodle Workout Pool		10 – 10:45 Noodle Workout Pool		
Silver Sneakers Fitness Program Classic 11:30 – 12:15 Gym Tara	Silver Sneakers Fitness Program Yoga 11:30 – 12:30 Gym Chris	Active Older Adult Yoga 11:30-12:30 Gym Chris	Silver Sneakers Fitness Program Classic 11:30 - 12:15 Gym Darla	Silver Sneakers Fitness Program Yoga 11:30-12:30 Gym Chris		
	Active Older Adult Cardio Dance 11:30-12:15 Brenna Studio A	Silver Sneakers Fitness Program BOOM Muscle 1:00 – 1:30 Gym Justin		Silver Sneakers Fitness Program BOOM Muscle 1:00 – 1:30 Gym Justin		
				Seated Tai Chi 11:30-12:30 Studio B Doug		

>>Schedule begins April 1st<<  
See Acquatic Schedule for additional exercise classes  
Schedule updated 3/22/2019