

**JANUARY ACTIVE OLDER ADULT GROUP LAND & WATER EXERCISE SCHEDULE**

Monday			Tuesday			Wednesday			Thursday			Friday		
Pool	Multi-Purpose Room	Fitness Studio	Pool	Multi-Purpose Room	Fitness Studio	Pool	Multi-Purpose Room	Fitness Studio	Pool	Multi-Purpose Room	Fitness Studio	Pool	Multi-Purpose Room	Fitness Studio
Aqua Jog 8-9 am Lap Pool	Silver-Sneakers Circuit 8-8:45 am					Aqua Jog 8-9 am Lap Pool	Silver-Sneakers Circuit 8-8:45 am Tiffany					Aqua Jog 8-9 am Lap Pool	Silver-Sneakers Circuit 8-8:45 am	
Aqua Aerobics 9-10 am Lap Pool	AOA Beginner Cycling 9-9:30 am <b>CYCLING STUDIO</b>	Just for You 9-9:30 am	Aqua Pilates 9-10 am Therapy Pool	Silver- Sneaker Classic 9-9:45 am Jenn B.	Just for You 9-9:30 am	Aqua Aerobics 9-10 am Lap Pool		Just for You 9-9:30 am Jenn B.	Aqua Pilates 9-10 am Therapy Pool	Silver- Sneaker Classic 9-9:45 am Julia	Just for You 9-9:30 am Shannon	Aqua Aerobics 9-10 am Lap Pool		Just for You 9-9:30 am Tiffany
		Just for You 9:45-10:15 am		SilverSneaker Yoga 9:45-10:30 am Jenn B.	Just for You 9:45-10:15 am		Silver- Sneaker Yoga 10:15-11 am Jenn B.	Just for You 9:45-10:15 am		Silver-Sneaker Yoga 9:45-10:30 am Julia	Just for You 9:45-10:15 am Emily			Just for You 9:45-10:15 am Tiffany
Arthritis Noon-1 pm Therapy Pool	Silver&Fit Experience 11:15 am- Noon Marian	Just for You 10:30- 11 am	SilverSplash 11 am-Noon Therapy Pool	Silver-Sneaker Circuit 10:30- 11:15am Martha		Arthritis Noon-1 pm Therapy Pool	Silver- Sneaker Classic 11:15 am- Noon Deb	Just for You 10:30- 11 am	SilverSplash 11 am-Noon Therapy Pool	Silver- Sneaker Circuit 10:30-11:15 am Jenn B.		Arthritis Noon-1 pm Therapy Pool	Silver&Fit Experience 11:15 am- Noon Deb	Just for You 10:30- 11 am Tiffany
Arthritis 1-2 pm Therapy Pool		Just for You 11-11:30 am	Just My Speed Noon-1 pm Therapy Pool			Arthritis 1-2 pm Therapy Pool		Just for You 11-11:30 am	Just My Speed Noon-1 pm Therapy Pool	AOA Beginner Cycling 11:30 am- noon <b>CYCLING STUDIO</b>		Arthritis 1-2 pm Therapy Pool		
			Arthritis 2-3 pm Therapy Pool		AOA Just for You 4:30-5 pm				Arthritis 2-3 pm Therapy Pool		AOA Just for You 4:30- 5 pm	<p align="center"><b>"Believe in your Selfie"</b></p> <p>Share your YMCA Selfie with one positive word that describes yourself on our Facebook page tagging the Beaver County YMCA. We will display our YMCA Family Selfies in the Lobby. Selfies will be drawn each week to win FREE protein shakes, t-shirts, towels, memberships and programs.</p>		
Instructor's Mix 7-8 pm Lap Pool			Arthritis 7-8 pm Therapy Pool			Instructor's Mix 7-8 pm Lap Pool			Arthritis 7-8 pm Therapy Pool					

Line Dancing Classes are offered in the Aerobic Room on Monday & Wednesday 11:15AM-12:45PM and Thursdays (Beginner) and Fridays NOON-1:30PM

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Aqua Aerobics 9-10 am Lap Pool	AOA Beginner Cycling 9-9:30 am <b>CYCLING STUDIO</b>	Just for You 9-9:30 am	Aqua Pilates 9-10 am Therapy Pool	Silver- Sneaker Classic 9-9:45 am Jenn B.	Just for You 9-9:30 am	Aqua Aerobics 9-10 am Lap Pool		Just for You 9-9:30 am	Aqua Pilates 9-10 am Therapy Pool	Silver- Sneaker Classic 9-9:45 am Julia	Just for You 9-9:30 am	Aqua Aerobics 9-10 am Lap Pool		Just for You 9-9:30 am Tiffany
		Just for You 9:45-10:15 am		SilverSneaker Yoga 9:45-10:30 am Jenn B.	Just for You 9:45-10:15 am		Silver- Sneaker Yoga 10:15-11 am Jenn B.	Just for You 9:45-10:15 am		Silver-Sneaker Yoga 9:45-10:30 am Julia	Just for You 9:45-10:15 am			Just for You 9:45-10:15 am Tiffany
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			Arthritis 2-3 pm Therapy Pool		AOA Just for You 4:30-5 pm				Arthritis 2-3 pm Therapy Pool		AOA Just for You 4:30- 5 pm	Be sure to register at the Member Service Desk for our Potluck/Game Luncheon Tuesday, April 4th 12:30-3:30 pm Multipurpose Room		
Instructor's Mix 7-8 pm Lap Pool			Arthritis 7-8 pm Therapy Pool			Instructor's Mix 7-8 pm Lap Pool			Arthritis 7-8 pm Therapy Pool					

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