

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

Monday			Tuesday			Wednesday			Thursday			Friday			Saturday		
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	Pool	Multi-Purpose Room	Fitness Studio
	Chair Yoga 7:15-7:45 am Meda					Aqua Jog 8-9 am Lap Pool	Silver-Sneakers Circuit 8-8:45 am Julia					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	Just for You 9-9:30 am Jen	Aqua Pilates 9-10 am Therapy Pool	Silver-Sneaker Classic 9-9:45 am Jenn B.	Just for You 9-9:30 am Liz	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			
Aqua Aerobics 9-10 am Lap Pool	AOA Beginner Cycling 9-9:30 am <b>CYCLING STUDIO</b>	Just for You 9:45-10:15 am Liz		SilverSneaker Yoga 9:45-10:30 am Jenn B.	Just for You 9:45-10:15 am Pam		Silver-Sneaker Yoga 10:15-11 am Jenn B.	Just for You 9:45-10:15 am Liz		Silver-Sneaker Yoga 9:45-10:30 am Julia	Just for You 9:45-10:15 am Liz			Just for You 9:45-10:15 am Tiffany			Just for You 10:30-11 am Liz
Arthritis Noon-1 pm Therapy Pool	Silver&Fit Experience 11:15 am- Noon Marian	Just for You 10:30- 11 am Marian	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 Liz	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 Liz		Silver-Sneakers Circuit 11:15 am- 12 pm Becky	
Arthritis 1-2 pm Therapy Pool		Just for You 11-11:30 am Jen	Just My Speed Noon-1 pm Therapy Pool			Arthritis 1-2 pm Therapy Pool		Just for You 11-11:30 am Liz	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		Just for You 11:15- 11:45 am Liz			
			Arthritis 2-3 pm Therapy Pool		AOA Just for You 4:30-5 pm			Silver-Sneaker Classic 5-5:45pm Nicole	Arthritis 2-3 pm Therapy Pool			<b>OPEN HOUSE WEEK</b> August 20th-26th The Beaver County YMCA is opening their doors to the community!					
Instructor's Mix 7-8 pm Lap Pool						Instructor's Mix 7-8 pm Lap Pool											

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

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

Monday			Tuesday			Wednesday			Thursday			Friday			Saturday		
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	Pool	Multi-Purpose Room	Fitness Studio
	Chair Yoga 7:15-7:45 am Meda					Aqua Jog 8-9 am Lap Pool	Chair Yoga 7:15-7:45 am Meda					Aqua Jog 8-9 am Lap Pool					
Aqua Jog 8-9 am Lap Pool	Silver-Sneakers Circuit 8-8:45 am Pamela	Just for You 9-9:30 am Jen K.	Aqua Pilates 9-10 am Therapy Pool	Silver- Sneaker Classic 9-9:45 am Jenn B.	Just for You 9-9:30 am Shannon	Aqua Aerobics 9-10 am Lap Pool	Silver- Sneakers Circuit 8-8:45 am Julia	Just for You 9-9:30 am Ali	Aqua Pilates 9-10 am Therapy Pool	Silver- Sneaker Classic 9-9:45 am Jenn B.	Just for You 9-9:30 am Pamela	Aqua Aerobics 9-10 am Lap Pool	Silver- Sneakers Circuit 8-8:45 am Darla	Just for You 9-9:30 am Pamela			
Aqua Aerobics 9-10 am Lap Pool	AOA Beginner Cycling 9-9:30 am CYCLING STUDIO Pamela	Just for You 9:45-10:15 am Pamela		SilverSneaker Yoga 9:45-10:30 am Jenn B.	Just for You 9:45-10:15 am Pamela		Silver- Sneaker Yoga 10:15-11 am Julia	Just for You 9:45-10:15 am Pamela		Silver- Sneaker Yoga 9:45-10:30 am Jenn B.	Just for You 9:45-10:15 am Pamela			Just for You 9:45-10:15 am Tiffany			Just for You 10:30-11 am Liz
Arthritis Noon-1 pm Therapy Pool	Silver&Fit Experience 11:15 am- Noon Ali	Just for You 10:30- 11 am Marian	SilverSplash 11 am- Noon Therapy Pool	Silver- Sneaker Circuit 10:30- 11:15am Martha	Breathing and Relaxation 10:45-11:15 am Jenn B.	Arthritis Noon-1 pm Therapy Pool	Silver- Sneaker Classic 11:15 am- Noon Deb	Just for You 10:30- 11 am Pamela	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 Pamela		Silver- Sneakers Circuit 11:15 am- 12 pm Becky	
Arthritis 1-2 pm Therapy Pool		Just for You 11-11:30 am Jen K.	Just My Speed Noon-1 pm Therapy Pool			Arthritis 1-2 pm Therapy Pool		Just for You 11-11:30 am Pamela	Just My Speed Noon-1 pm Therapy Pool	AOA Beginner Cycling 11:30 am - noon CYCLING STUDIO Rick		Arthritis 1-2 pm Therapy Pool		Just for You 11:15- 11:45 am Pamela			
		Silver- Sneaker Classic 5-5:45pm Pamela	Arthritis 2-3 pm Therapy Pool		AOA Just for You 4:30-5 pm Liz	Aqua Yoga 2:15-3:15 pm Therapy Pool		Silver- Sneaker Classic 5-5:45pm Darla	Arthritis 2-3 pm Therapy Pool		AOA Just for You 4:30-5 pm Liz	<p align="center"><b>NEW!! HAPPY HOUR 5-6 PM MULTIPURPOSE ROOM WITH PAMELA</b></p> <p align="center">After a long week, this low impact beginner's aerobic class uses movements designed to enhance mobility, increase flexibility and correct posture to highly energized music!</p>					
Instructor's Mix 7-8 pm Lap Pool						Instructor's Mix 7-8 pm Lap 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