

JULY 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 Liz	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 CYCLING STUDIO	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 Liz		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 Liz	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 CYCLING STUDIO		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			JULY EVENTS -Picnic Basket Drawing-Earn a chance to win 1 of 4 baskets with every visit to the Y from July 1st-30th! Winner drawn July 31st! -Patriotic Pride Day-Wear your red, white and blue for a FREE water on July 3rd. -Here's the Scoop!-Bruster's ice cream social on Wednesday, July 25th from 4-6 pm in the lobby!					
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

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 Liz	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 CYCLING STUDIO	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 Liz		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 Liz	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 CYCLING STUDIO		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			OPEN HOUSE WEEK 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