



Lewisburg YMCA Express



# SILVER SNEAKERS SCHEDULE

## March 2019

Monday	Tuesday	Wednesday	Thursday	Friday
				1 9AM SS Circuit - Dolores 10AM SS Yoga - Dolores
4 9AM SS Classic - Terri 10AM SS Circuit - Terri	5 10:15AM SS Yoga - Dolores 11AM SS Classic - Tracy	6 9AM SS Classic - Dolores 10AM SS Circuit - Dolores	7 11AM SS Classic - Tracy	8 9:00AM SS Circuit - Dolores 10:00AM SS Yoga - Dolores
11 9AM SS Classic - Terri 10AM SS Circuit - Terri	12 10:15AM SS Yoga - Dolores 11AM SS Classic - Tracy	13 9AM SS Classic - Dolores 10AM SS Circuit - Dolores	14 11AM SS Classic - Tracy	15 9AM SS Circuit - Dolores 10AM SS Yoga - Dolores
18 9AM SS Classic - Terri 10AM SS Circuit - Terri	19 10:15AM SS Yoga - Dolores 11AM SS Classic - Tracy	20 9AM SS Classic - Dolores 10AM SS Circuit - Dolores	21 11AM SS Classic - Tracy	22 9AM SS Circuit - Dolores 10AM SS Yoga - Dolores
25 9AM SS Classic - Terri 10AM SS Circuit - Terri	26 10:15AM SS Yoga - Dolores 11AM SS Classic - Tracy	27 9AM SS Classic - Dolores 10AM SS Circuit - Dolores	28 11AM SS Classic - Tracy	29 9AM SS Circuit - Dolores 10AM SS Yoga - Dolores

Lewisburg YMCA Express  
 131 Silver Moon Lane, Lewisburg, PA 17837  
 570-568-4653  
[www.gsvymca.org](http://www.gsvymca.org)