



Lewisburg YMCA Express



SILVER SNEAKERS SCHEDULE – May 2019

Monday	Tuesday	Wednesday	Thursday	Friday
		1 9AM SS Classic - Dolores 10AM SS Circuit - Dolores	2 11AM SS Classic - Tracy	3 9AM SS Circuit - Dolores 10AM SS Yoga – Dolores
6 9AM SS Classic - Terri 10AM SS Circuit - Terri	7 10:15AM SS Yoga – Dolores 11AM SS Classic - Tracy	8 9AM SS Classic - Dolores 10AM SS Circuit – Dolores	9 11AM SS Classic - Tracy	10 9AM SS Circuit - Dolores 10AM SS Yoga – Dolores
13 9AM SS Classic - Terri 10AM SS Circuit - Terri	14 10:15AM SS Yoga – Dolores 11AM SS Classic - Tracy	15 9AM SS Classic - Dolores 10AM SS Circuit - Dolores	16 11AM SS Classic - Tracy	17 9AM SS Circuit - Dolores 10AM SS Yoga – Dolores
20 9AM SS Classic - Terri 10AM SS Circuit - Terri	21 10:15AM SS Yoga – Dolores 11AM SS Classic - Tracy	22 9AM SS Classic – Dolores 10AM SS Circuit - Dolores	23 11AM SS Classic - Tracy	24 9AM SS Circuit - Dolores 10AM SS Yoga – Dolores
27 CLOSED HAVE A SAFE AND HAPPY MEMORIAL DAY!!!	28 10:15AM SS Yoga – Dolores 11AM SS Classic - Tracy	29 9AM SS Classic - Dolores 10AM SS Circuit - Dolores	30 11AM SS Classic - Tracy	31 9AM SS Circuit - Dolores 10AM SS Yoga – Dolores

Lewisburg YMCA Express
 131 Silver Moon Lane, Lewisburg, PA 17837
 570-568-4653
www.gsvymca.org