

the



Milton YMCA SilverSneakers

Effective April 26th

Tuesdays

9:15 AM—GYM
SilverSneakers® Stability

Wednesdays

10:00 AM—GYM
SilverSneakers® Classic

Thursdays

9:15 AM—GYM
SilverSneakers® Stability

Fridays

10:00 AM—GYM
SilverSneakers® Classic

- MEMBERS MUST REGISTER FOR CLASSES
- DO NOT ARRIVE MORE THAN 15 MINUTES PRIOR TO SCHEDULED CLASS TIME
- BRING YOUR OWN WATER, TOWEL AND MASK