

the



Sunbury YMCA
SilverSneakers

Effective May 1st

Mondays

10:00AM
Senior Cybex Circuit (*Cybex Room*)

11:00AM
SilverSneakers® Classic

1:00PM
SilverSneakers® Yoga

Tuesdays

8:00AM
Cycling (30 mins)

9:00AM
SilverSneakers® Splash (Pool)

11:00AM
SilverSneakers® Classic

Wednesdays

9:45AM SilverSneakers® Splash (Pool)

10:00AM
Senior Cybex Circuit (*Cybex Room*)

11:00AM
SilverSneakers® Classic

Thursdays

8:00AM
Cycling (30 mins)

11:00AM
Shimmy & Shake Dance Fitness
(*No Class Thursday 5/30*)

1:00PM
SilverSneakers® Classic

Fridays

10:00AM
SilverSneakers® Classic

11:00AM
SilverSneakers® Yoga