

the



Sunbury YMCA
SilverSneakers

Effective February 1, 2019

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

NEW — 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

1:00PM

SilverSneakers® Classic

Fridays

10:00AM SilverSneakers® Classic

11:00AM SilverSneakers® Yoga