

the



Sunbury YMCA

SilverSneakers

*Effective January 1, 2019*

### Mondays

10:00AM

Senior Cybex Circuit  
*Cybex Room*

11:00AM

SilverSneakers® Classic

1:00PM

SilverSneakers® Yoga

### Tuesdays

8:00AM

Cycling (30 mins)

11:00AM

SilverSneakers® Splash (Pool)

11:00AM

SilverSneakers® Classic

### Wednesdays

10:00AM

Senior Cybex Circuit  
*Cybex Room*

11:00AM

SilverSneakers® Classic

### Thursdays

8:00AM

Cycling

11:00AM

Shimmy & Shake Dance Fitness

1:00PM

SilverSneakers® Classic

### Fridays

10:00AM - SilverSneakers® Classic

11:00AM - SilverSneakers® Yoga