

Grand Island YMCA Group Fitness Schedule

Senior Friendly Classes

MORNING					
Mon	Tue	Wed	Thu	Fri	Sat
ROCK STEADY 7:30 - 8:30 am AR - Tony K		ROCK STEADY 7:30 - 8:30 am AR - Tony K	Deep Water Fitness 8:00 - 9:00 am Pool		ROCK STEADY 7:30 - 8:30 am AR - Tony K
Shallow Water Fitness 8:00 - 9:00 am Pool	Shallow Water Fitness 8:00 - 9:00 am Pool	Shallow Water Fitness 8:00 - 9:00 am Pool	Shallow Water Fitness 8:00 - 9:00 am Pool	Shallow Water Fitness 8:00 - 9:00 am Pool	
SilverSneakers Classic 9:30 - 10:30 am South Gym	SilverSneakers Yoga 9:30 - 10:15 am South Gym	SilverSneakers Classic 9:30 - 10:30 am South Gym	SilverSneakers Yoga 9:30 - 10:15 am South Gym	SilverSneakers Yoga 9:30 - 10:15 am South Gym	
	SilverSneakers Stability/Balance 10:15 - 11:00 am South Gym				
Arthritis Foundation Aquatic Class 10:30 - 11:30 am Pool	Arthritis Foundation Aquatic Class 10:30 - 11:30 am Pool	Arthritis Foundation Aquatic Class 10:30 - 11:30 am Pool	Arthritis Foundation Aquatic Class 10:30 - 11:30 am Pool	Arthritis Foundation Aquatic Class 10:30 - 11:30 am Pool	
MIDDAY					
	Rock Steady Boxing 11 am - 12 pm Aerobics Room	Rock Steady Boxing 11 am - 12 pm Aerobics Room			
Zumba Gold 11 am-12 pm Aerobics Room		Zumba Gold 11 am-12 pm South Gym		Zumba Gold 11 am-12 pm Aerobics Room	
EVENING					
Water Fitness 7:00 - 8:00 pm Pool			Water Fitness 7:00 - 8:00 pm Pool		

June