## Grand Island YMCA Group Fitness Schedule Senior Friendly Classes

MORNING						
Morring	Tue	Wed	Thu	Fri		
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Shallow Water	Shallow Water	Aqua Zumba	Shallow Water	Deep Water		
Fitness	Fitness	8:00 - 9:00 am	Fitness	Fitness		
8:00 - 9:00 am	8:00 - 9:00 am	Pool	8:00 - 9:00 am	8:00 - 9:00 am		
Pool	Pool		Pool	Pool		
SilverSneakers	SilverSneakers Yoga	SilverSneakers	SilverSneakers Yoga	Tai Chi/Qi Gong		
Classic	9:30 - 10:15 am	Classic	9:30 - 10:15 am	9:30 - 10:15 am		
9:30 - 10:30 am	South Gym	9:30 - 10:30 am	South Gym	South Gym		
South Gym		South Gym				
POUND	SilverSneakers		SilverSneakers			
10:35 - 10:55 am	Stability/Balance		Stability/Balance			
South Gym	10:15 - 11:00 am		10:15 - 11:00 am			
	South Gym		Aerobics Room			
Arthritis Foundation	Arthritis Foundation	Arthritis Foundation	Arthritis Foundation	Arthritis		
Aquatic Class	Aquatic Class	Aquatic Class	Aquatic Class	Foundation		
10:30 - 11:30 am	10:30 - 11:30 am	10:30 - 11:30 am	10:30 - 11:30 am	Aquatic Class		
Pool	Pool	Pool	Pool	10:30 - 11:30 am		
l				Pool		
	Senior Weights		Senior Weights			
	11:00 - 11:30 am		11:00 - 11:30 am			
	South Gym		Aerobics Room			
MIDDAY	Dook Stoody Doving	Dools Stoody		r		
	Rock Steady Boxing 11 am - 12 pm	Rock Steady Boxing				
	Aerobics Room	11 am - 12 pm				
		Aerobics Room				
Zumba Gold		Zumba Gold		Zumba Gold		
11 am-12 pm		11 am-12 pm		11 am-12 pm		
Aerobics Room		South Gym		Aerobics Room		
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EVENING						
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Water Fitness 7:00 - 8:00 pm Pool		Water Fitness 7:00 - 8:00 pm Pool	