

# Grand Island YMCA Group Fitness Schedule

## Senior Friendly Classes

MORNING				
Mon	Tue	Wed	Thu	Fri
Shallow Water Fitness 8:00 - 9:00 am Pool	Shallow Water Fitness 8:00 - 9:00 am Pool	Aqua Zumba 8:00 - 9:00 am Pool	Shallow Water Fitness 8:00 - 9:00 am Pool	Deep 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	Tai Chi/Qi Gong 9:30 - 10:15 am South Gym
POUND 10:35 - 10:55 am South Gym	SilverSneakers Stability/Balance 10:15 - 11:00 am South Gym		SilverSneakers Stability/Balance 10:15 - 11:00 am Aerobics Room	
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
	Senior Weights 11:00 - 11:30 am South Gym		Senior Weights 11:00 - 11:30 am Aerobics Room	
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	

August