



SILVER SNEAKERS/50 AND BETTER GROUP EX SCHEDULE

WILLIAMS FAMILY YMCA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10:35-11:20am Silver Sneakers EnerChi & Stability Studio A Meghan	12:15-1:00pm AOA Cardio Sculpt Studio A Ann	12:15-1:00pm AOA Cardio Sculpt Studio A KC	12:15-1:00pm AOA Cardio Sculpt Studio A Ann	12-12:45pm S.S. Circuit Studio A Judy
12:00-12:45pm S.S. Circuit Studio A Lynnell	1:15-1:45pm Better Balance Studio A Judy		1:15-1:45pm Better Balance Studio A June	
1:00-1:45pm S.S. Stretch Yoga Studio A Lynnell	2:00-2:45pm S.S. Classic Studio A Judy		2:00-2:45pm S.S. Classic Studio A June	
5:30-6:30pm Gentle Yoga Studio B Linda				No chair needed
				Participants have the option to use a chair



**GROUP EXERCISE CLASS SPACE IS LIMITED.
RESERVE YOUR SPOT ON THE FIRST COAST YMCA APP, FCYMCA.ORG**