

# Active Older Adult Activities

Monroe County YMCA - HTC Center

Land Based Exercise Classes							
Class	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
YOGA		8-9a					
STRETCH & STRENGTH	9:15-10:10a						
SILVERSNEAKERS® CARDIOFIT	3:00-3:45p	9:15-10a		9:15-10a			
SILVERSNEAKERS® CLASSICS	10:15-11a		10:15-11a				
CHAIR YOGA					10:45-11:30a		
BALLET SCULPT					10:10-10:40a		
ZUMBA GOLD®	11:10-12p		9:10-10a				

Water Based Exercise Classes							
Class	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AQUA EXTREME	6:30-7:15a		6:30-7:15a				
AQUACISE		6:30-7:15a		6:30-7:15a		7-7:45a 9-9:45a	
AQUA JOG	8-8:45a		8-8:45a				
AQUA EXTREME	9-9:45a	9-9:45a	9-9:45a	9-9:45a			
DEEP WATER					9-9:45a		
HEALTHY JOINTS	10-10:45a		10-10:45a		10-10:45a		
WET N MILD		10-10:45a		10-10:45a			
ARTHRITIS		11-11:45a		11-11:45a			
AQUACISE	7-7:45p	7:15-8p	7-7:45p	7:15-8p			

Special Events & Activities				
Event Name:	Dates:	Times:	Fees:	Location:
Card games	Tuesdays and Fridays	9:15-3	FREE!!	Community Room
Bingo	8-Feb	12-2pm	FREE!!	Community Room
Potluck	20-Feb	12-2pm	FREE!!	Gym

Special Events Contact:

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618-281-9622

