



## PRISMA HEALTH FAMILY YMCA DECEMBER 2022 SENIOR Group Exercise Schedule

### MONDAY

Start	End	Class	Location	Instructor / Notes
10:15am	11:10am	Active Adults	GYM	Cynthia and Wanda
10:45am	11:40am	Silver Sneakers Classic	Room 1	Nicole
11:45am	12:40pm	Silver Sneakers Yoga	Room 1	Cynthia S

### TUESDAY

Start	End	Class	Location	Instructor / Notes
10:30am	11:20	Gold Dance Fusion	Room 3	Katie M
10:45am	11:35am	Silver Sneakers Cardio Circuit	Room 1	Cynthia S
11:45am	12:35pm	Silver Sneakers Yoga Stretch	Room 1	Cynthia S

### WEDNESDAY

Start	End	Class	Location	Instructor / Notes
10:15am	11:10am	Active Adult	Gym	Cynthia
10:50am	11:45am	Recovery Yoga Flow	Room 5	Ann
11:30am	12:25pm	Silver Sneakers Classic	Room 1	Cynthia S

### THURSDAY

Start	End	Class	Location	Instructor / Notes
10:30am	11:20am	Gold High Fitness	Room 3	Nicole
10:45am	11:40am	Silver Sneakers Circuit	Room 1	Wanda
11:45am	12:40pm	Silver Sneakers Yoga	Room 1	Wanda

### FRIDAY

Start	End	Class	Location	Instructor / Notes
10:15am	11:10am	Active Adult	GYM	Cynthia S