



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## ACTIVE OLDER ADULT GROUP EXERCISE

Group Exercise	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Winter I</b> Dec. 19 <sup>th</sup> - Feb. 19 <sup>th</sup>							
Programs with an asterisk (*) are an additional fee.		*10-11:00am Cardio Dancin' <b>AS</b> Esther		*10-11:00am Cardio Dancin' <b>AS</b> Esther			
Register at the member service desk.	11-11:50am Silver Sneakers MSROM <b>AS</b> Scott	11-11:45am Active older Adult Cycle <b>SS</b> Scott	11-11:50am Silver Sneakers MSROM <b>AS</b> Scott	11-11:50am Gentle Yoga- <b>AS</b> Amanda			
All Adult Fitness class participants must be at least 13 years old to participate.							
To avoid injury due to a lack of warm-up, please do not enter classes more than 10 minutes late.	1:10-2:00pm Zumba Gold - <b>AS</b> Joan		1:10-2:00pm Zumba Gold - <b>AS</b> Joan		<b>New:</b> 1:00-1:30pm Balance <b>AS</b> Scott		
To receive emails with up to date important Schenectady YMCA, log onto <a href="http://www.cdymca.org">www.cdymca.org</a> and enter your email address in the member alert section.							
<b>Room Key:</b>							
<b>SS</b> – Spin Studio							
<b>Schenectady YMCA</b> 433 State Street P 518.881-0117 <a href="http://www.cdymca.org">www.cdymca.org</a>	7-7:45pm Water Aerobics - <b>SHS</b>			7-7:45pm Water Aerobics- <b>SHS</b>			



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