

YGROUP EXERCISE™

We build strong kids, strong families, strong communities.

YMCA of the Palms SilverSneakers® Classes March 2010

Greater Naples YMCA

Time	Monday	Tuesday	Wednesday	Thursday	Friday
9:15 am		Cardio Circuit Level II Page	Senior Pot Luck Wednesday, March 24 th 12:30 PM Board Room		
10:15 am		Cardio Circuit Level II Page		Cardio Circuit Level II Cindy R	
11:30 am	MSROM Level I Shannon		MSROM Level I Cindy C	MSROM Level I Page	Chair Yoga Krista 11:45
12:45 pm		MSROM Level I 1:15 PM	Coffee and Bagels Social Thursday, March 25 th 11:15 AM Aerobics Lobby		Chair Yoga Krista

Love to Dance? Try Zumba on Fridays at 9:15 at the Greater Naples YMCA



Bonita Springs YMCA

Time	Monday	Tuesday	Wednesday	Thursday	Friday
10:30 am	Senior Pot Luck Wednesday, March 17 th 12:30 PM Multi Purpose Room				SilverSneaker Multi Level Page
11:30 am	MSROM Level I Deidre	Cardio Circuit Level II Leslie	SilverSneakers Yoga Stretch Rosemary	MSROM Level I Deidre	

Love to Dance? Try Zumba Gold on Tuesdays at 9:15 at the Bonita Springs YMCA

