

# YGROUP EXERCISE™

We build strong kids, strong families, strong communities.

## YMCA of the Palms SilverSneakers® Classes February 2010

### Greater Naples YMCA

Time	Monday	Tuesday	Wednesday	Thursday	Friday
9:15 am		Cardio Circuit Level II Page	<b>Senior Pot Luck</b> Wednesday, February 24 <sup>th</sup> 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		<b>Coffee and Bagels Social</b> Tuesday, February 23 <sup>rd</sup> 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	<b>Senior Pot Luck</b> Tuesday, February 16 <sup>th</sup> 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**

