



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ACTIVE OLDER ADULT SCHEDULE

RITE HITE FAMILY YMCA

Monday

Time	Class	Location	Instructor
AM			
8:00-9:00	Senior Fitness	Studio 7	Karen
PM			
1:00-1:45	SSFP Classic	Studio 7	Kim
2:00-2:45	SSFP Classis	Studio 7	Kim

Thursday

Time	Class	Location	Instructor
AM			
8:00-9:00	Zumba Gold	Studio 7	Carmen
10:30-11:30	SSFP C. Circuit	Studio 7	Dawn
PM			
1:00-1:45	SSFP Classic	Studio 7	Dawn

Tuesday

Time	Class	Location	Instructor
AM			
8:00-9:00	Senior Fitness	Studio 7	Kim
10:30-11:30	SSFP C. Circuit	Stuio 7	Karen
PM			
1:00-1:45	SSFP Yoga	Studio 7	Kim

Friday

Time	Class	Location	Instructor
AM			
8:00-9:00	Senior Fitness	Studio 7	Liza
PM			
1:00-1:45	SSFP Yoga	Studio 7	Carmen

Wednesday

Time	Class	Location	Instructor
AM			
8:00-9:00	Senior Fitness	Studio 7	Kim
PM			
1:00-1:45	SSFP Classic	Studio 7	Kim

QUESTIONS?

Contact

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