

the



Lewisburg YMCA  
SilverSneakers

*Effective March 1<sup>st</sup>*

Mondays

9:00 AM - Court 2  
SilverSneakers® Classic

10:00AM - Court 2  
SilverSneakers® Circuit

11:15AM - Court 2  
SilverSneakers® Stability

Tuesdays

9:00 AM - DE  
SilverSneakers® Yoga

11:15AM - Court 2  
SilverSneakers® Classic

Wednesdays

9:00AM - Court 2  
SilverSneakers® Circuit

10:00AM - Court 2  
SilverSneakers® Classic

Thursdays

11:15AM - Court 2  
SilverSneakers® Classic

1:00PM - AB  
SilverSneakers® Yoga

Fridays

9:00AM - Court 2  
SilverSneakers® Circuit

10:00AM - DE  
SilverSneakers® Yoga