

the



Lewisburg YMCA SilverSneakers

*Call 570-556-4191 to register
or for more information*

Effective September 21st

Mondays

**9:00 AM - Court 2
SilverSneakers® Classic**

Tuesdays

**9:00AM - Court 2
SilverSneakers® Circuit**

Wednesdays

**9:00AM - Court 2
SilverSneakers® Circuit**

Fridays

**9:00AM - Court 2
SilverSneakers® Classic**

- MEMBERS MUST REGISTER FOR CLASSES
- DO NOT ARRIVE MORE THAN 10 MINUTES PRIOR TO SCHEDULED CLASS TIME
- BRING YOUR OWN WATER, TOWEL AND MASK