

the



## SilverSneakers® & Active Older Adult Schedule

*Effective November 23<sup>rd</sup>*

### Mondays

8:45 AM - Room AB  
Chair Yoga

9:00 AM - Court 2  
SilverSneakers® Classic

### Wednesdays

9:00AM - Court 2  
SilverSneakers® Circuit

### Thursdays

9:00AM - Court 2  
SilverSneakers® Circuit

### Fridays

9:00AM - Court 2  
SilverSneakers® Classic

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

Lewisburg YMCA  
SilverSneakers