

the



Lewisburg YMCA
SilverSneakers

SilverSneakers® &
Active Older Adult Schedule
April 12—23, 2021

Monday, April 12

8:30 AM - Room AB
Chair Yoga with Keith
16 spots

9:00 AM - Court 2

SilverSneakers® Classic with Dolores
24 spots

Wednesday, April 14

9:00AM - Court 2

SilverSneakers® Circuit with Dolores
24 spots

Friday, April 16

9:00AM - GF Room

SilverSneakers® Classic with Jill
13 spots

Monday, April 19

9:00 AM - Room AB

SilverSneakers® Classic with Lacey
16 spots

Wednesday, April 21

9:00AM - Court 2

SilverSneakers® Circuit with Jill
24 spots

Friday, April 23

9:00AM - Court 2

SilverSneakers® Classic with Lacey
24 spots