

Lewisburg YMCA

SilverSneakers

the



SilverSneakers® & Active Older Adult Schedule

Effective July 26

Mondays

9:00 AM
SilverSneakers® Classic

10:00AM
SilverSneakers® Circuit

Wednesdays

9:00AM
SilverSneakers® Circuit

10:00 AM
Chair Yoga

Fridays

8:15AM
Pure Strength

9:00AM
SilverSneakers® Classic

*Subject to change.
Confirm with weekly schedules.*

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