

the



Lewisburg YMCA SilverSneakers

SilverSneakers® &
Active Older Adult Schedule
Effective October 11, 2021

Mondays

9:00 AM

SilverSneakers® Classic

9:00 AM

Chair Yoga

10:00 AM

SilverSneakers® Circuit

Wednesdays

9:00AM

SilverSneakers® Circuit

10:00 AM

SilverSneakers® Circuit

10:00 AM

Chair Yoga

Fridays

8:15AM

Pure Strength

9:00 AM

SilverSneakers® Classic

10:00 AM

SilverSneakers® Circuit