

LOWER BUCKS FAMILY YMCA SILVER SNEAKERS SCHEDULE Fall I 2017 | September 5 – October 29

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
S.S. Classic 10:15-11:15 AM Rose Gym	S.S. Classic 9:15-10:15 AM Marie Studio 1	S.S. Classic 10:15-11:15 AM Rose Gym	S.S. Splash 10:30-11:15 AM	S.S. Classic 10:15-11:15 AM Rose Gym
S.S. Cardio 11:30-12:30 PM Marie Gym	S.S. Splash 10:30-11:15 AM	S.S. Yoga 11:30-12:30 PM Sara MPR	S.S. Splash 11:15-12:00 PM	
S.S. Yoga 11:45-12:45 PM Sara MPR	S.S. Splash 11:15-12:00 PM		S.S. Classic 11:00-12:00 PM Marie MPR	
S.S. Yoga 1:00-2:00 PM Roe MPR	S.S. Classic 11:45-12:45 PM Rovena MPR		S.S. Classic 12:30-1:30 PM Rovena MPR	
			LOWER BUCKS FAMILY YMCA SILVER SNEAKERS SCHEDULE Fall I 2017 September 5 – October 29 No registration required for YMCA members. Just drop in! Unlimited classes included with membership. Daily guest fee includes access to Group Exercise Classes on this schedule. Contact Andrea Brown at 215.949.3400 Ext. 68 or agbrown@lbfymca.org .	
		8.29.2017		