

LOWER BUCKS FAMILY YMCA SILVER SNEAKERS SCHEDULE Spring I 2018 | February 26 – April 22

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 & Lynne Gym	S.S. Splash 10:30-11:15 AM Rovena Pool	S.S. Classic 10:15-11:15 AM Rose Gym
S.S. Yoga 11:45-12:45 PM Sara MPR	S.S. Splash 10:30-11:15 AM Audrey Pool	S.S. Yoga 11:30-12:30 PM Sara MPR	S.S. Splash 11:15-12:00 PM Rovena Pool	S.S. Circuit 11:30 – 12:30 PM Marie MPR
S.S. Yoga 1:00-2:00 PM Roe MPR	S.S. Splash 11:15-12:00 PM Audrey Pool		S.S. Classic 11:00-12:00 PM Marie 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 Spring I 2018 February 26 – April 22 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	
		2.18.18		

CLASS DESCRIPTIONS

Silver Sneakers Classic (S.S. Classic) – Designed to increase muscle strength, range of movement and improve activities for daily living. A chair is used for seated exercises and standing support in addition to hand weights, elastic tubing with handles, and the Silver Sneakers ball.

Silver Sneakers Circuit (S.S. Circuit) – Offers standing, low-impact choreography alternated with standing upper-body strength work A chair is used for standing support in addition to hand weights, elastic tubing with handles, and the Silver Sneakers ball.

Silver Sneakers Yoga (S.S. Yoga) – Participants will move though both seated and standing yoga poses, designed to increase flexibility, balance, and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

Silver Sneakers Splash (S.S. Splash) – A fun, shallow-water exercise class that uses a signature splash-board to increase strength and endurance. Splash is suitable for all skill levels and is safe for non-swimmers.