

LOWER BUCKS FAMILY YMCA SILVER SNEAKERS SCHEDULE

Summer 2017 | June 19 – August 20

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
S.S. Classic 10:15-11:15 AM Rose Gym	S.S. Classic 9:15-10:15 AM Marie MPR	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 Rovena 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	
			<p>LOWER BUCKS FAMILY YMCA SILVER SNEAKERS SCHEDULE Spring II 2017 April 23 – June 18</p> <p>No registration required for YMCA members. Just drop in!</p> <p>Unlimited classes included with membership.</p> <p>Daily guest fee includes access to Group Exercise Classes on this schedule.</p> <p>Contact Andrea Brown at 215.949.3400 Ext. 68 or agbrown@lbfymca.org.</p>	
		6.1.2017		