

# LOWER BUCKS FAMILY YMCA SILVER SNEAKERS SCHEDULE

## Winter I 2018 | January 2 – February 25

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>S.S. Classic</b> 10:15-11:15 AM Rose   Gym	<b>S.S. Classic</b> 9:15-10:15 AM Marie   Studio 1	<b>S.S. Classic</b> 10:15-11:15 AM Rose & Lynne   Gym	<b>S.S. Splash</b> 10:30-11:15 AM	<b>S.S. Classic</b> 10:15-11:15 AM Rose   Gym
<b>S.S. Yoga</b> 11:45-12:45 PM Sara   MPR	<b>S.S. Splash</b> 10:30-11:15 AM	<b>S.S. Yoga</b> 11:30-12:30 PM Sara   MPR	<b>S.S. Splash</b> 11:15-12:00 PM	<b>S.S. Cardio</b> 11:30 – 12:30 PM Marie   MPR
<b>S.S. Yoga</b> 1:00-2:00 PM Roe   MPR	<b>S.S. Splash</b> 11:15-12:00 PM		<b>S.S. Classic</b> 11:00-12:00 PM Marie   MPR	
	<b>S.S. Classic</b> 11:45-12:45 PM Rovena   MPR		<b>S.S. Classic</b> 12:30-1:30 PM Rovena   MPR	
			<p><b>LOWER BUCKS FAMILY YMCA SILVER SNEAKERS SCHEDULE</b> Winter I 2018   January 2 – February 25</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 <a href="mailto:agbrown@lbfymca.org">agbrown@lbfymca.org</a>.</p>	
		12.22.17		