









HAYES -TAYLOR MEMORIAL YMCA AEROBIC SCHEDULE

ACTIVE OLDER ADULTS



NO CLASSES on Sunday	Mon	Tues	Wed	Thurs	Fri	Sat
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FEBRUARY: CELEBRATE BLACK HISTORY MONTH!!!

<p><u>LAND PRICES(aerobics)</u> \$1.00 for members \$3.00 for non-members <u>Free for Silver Sneakers Members</u></p>  <p><u>WATER PRICES(pool)</u> \$1.00 for members \$4.00 for non-members per class.</p>  <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p>Join us for a variety of classes: Accommodations will be made for all fitness levels. Options will be shown in class.</p> </div>	2	3	4	5	6	7
	<p>9:30am Silver Sneakers Cardio Circuit</p> <p>1pm Variety Water Exercise</p> <p>6:15 Step Aerobics</p>	<p>9:15 am Arthritis H2OEX</p> <p>10am Silver Sneakers Muscular Strength</p> <p>11am Senior Dance</p>	<p>9:30am Silver Sneakers Yoga Stretch</p> <p>1pm Variety Water Exercise</p> <p>6:15 Step Aerobics</p>	<p>9:15 am Arthritis H2OEX</p> <p>10am Silver Sneakers Muscular Strength</p> <p>11am Senior Dance</p>	<p>9:30am Silver Sneakers Cardio Circuit</p> <p>1pm Variety Water Exercise</p> <p>6:15 Step Aerobics</p>	<p>9am Beg.Step</p>
	9	10	11	12	13	14
	<p>9:30am Silver Sneakers Cardio Circuit</p> <p>1pm Variety Water Exercise</p> <p>6:15 Step Aerobics</p>	<p>9:15 am Arthritis H2OEX</p> <p>10am Silver Sneakers Muscular Strength</p> <p>11am Senior Dance</p>	<p>9:30am Silver Sneakers Yoga Stretch</p> <p>1pm Variety Water Exercise</p> <p>6:15 Step Aerobics</p>	<p>9:15 am Arthritis H2OEX</p> <p>10am Silver Sneakers Muscular Strength</p> <p>11am Senior Dance</p>	<p>9:30am Silver Sneakers Cardio Circuit</p> <p>1pm Variety Water Exercise</p> <p>6:15 Step Aerobics</p>	<p>9am Beg.Step VALENTINES DAY</p>
16	17	18	19	20	21	
<p>PRESIDENTS DAY:</p>  <p>Regular Class Schedule</p>	<p>9:15 am Arthritis H2OEX</p> <p>10am Silver Sneakers Muscular Strength</p> <p>11am Senior Dance</p>	<p>9:30am Silver Sneakers Yoga Stretch</p> <p>1pm Variety Water Exercise</p> <p>6:15 Step Aerobics</p>	<p>9:15 am Arthritis H2OEX</p> <p>10am Silver Sneakers Muscular Strength</p> <p>11am Senior Dance</p>		 <p>9am Beg.Step</p>	
23	24	25	26			
<p>9:30am Silver Sneakers Cardio Circuit</p> <p>1pm Variety Water Exercise</p> <p>6:15 Step Aerobics</p>	<p>9:15 am Arthritis H2OEX</p> <p>10am Silver Sneakers Muscular Strength</p> <p>11am Senior Dance</p>	<p>9:30am Silver Sneakers Yoga Stretch</p> <p>1pm Variety Water Exercise</p> <p>6:15 Step Aerobics</p>	<p>9:15 am Arthritis H2OEX</p> <p>10am Silver Sneakers Muscular Strength</p> <p>11am Senior Dance</p>			