



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

**SILVERSNEAKERS SCHEDULE  
ALLEGHENY VALLEY YMCA**

<b>Time:</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
9:00-10:00am	<b>Silver Strut Walking</b>  <i>Gymnasium</i>	<b>Silver Strut Walking</b>  <i>Gymnasium</i>	<b>Silver Strut Walking</b>  <i>Gymnasium</i>	<b>Silver Strut Walking</b>  <i>Gymnasium</i>	<b>Silver Strut Walking</b>  <i>Gymnasium</i>
10:00-11:00am	<b>Cardio Circuit</b> <i>Exercise Studio</i>  <b>Kate</b>	<b>Cardio Circuit</b> <i>Exercise Studio</i>  <b>Kate</b>	<b>Cardio Circuit</b> <i>Exercise Studio</i>  <b>Crisie</b>	<b>Zumba Gold</b> <i>Exercise Studio</i>  <b>Aylish</b>	<b>Cardio Circuit</b> <i>Exercise Studio</i>  <b>Crisie</b>
11:00am-12:00pm	<b>Muscular Strength &amp; Range of Motion</b> <i>Exercise Studio</i>  <b>Kate</b>	<b>Chair Yoga</b> <i>Exercise Studio</i> <i>(11:15-11:45)</i>  <b>Aylish</b>	<b>Muscular Strength &amp; Range of Motion</b> <i>Exercise Studio</i>  <b>Crisie</b>	<b>Chair Yoga</b> <i>Exercise Studio</i> <i>(11:15-11:45)</i>  <b>Aylish</b>	<b>Muscular Strength &amp; Range of Motion</b> <i>Exercise Studio</i>  <b>Crisie</b>
12:15-1:15pm		<b>Fall Prevention: A balance class</b> <i>Exercise Studio</i>  <b>12:15-12:45</b>  <b>Kate</b>	<b>Tai Chi Chuan</b> <i>Exercise Studio</i>  <b>12:00-12:45pm</b>  <b>Greg</b>		