



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

**SILVERSNEAKERS SCHEDULE
 ALLEGHENY VALLEY YMCA**

Time:	Monday	Tuesday	Wednesday	Thursday	Friday
9:00-10:00am	Silver Strut Walking <i>Gymnasium</i>	Silver Strut Walking <i>Gymnasium</i>	Silver Strut Walking <i>Gymnasium</i>	Silver Strut Walking <i>Gymnasium</i>	Silver Strut Walking <i>Gymnasium</i>
10:00-11:00am	Cardio Circuit <i>Exercise Studio</i> Kate	Cardio Circuit <i>Exercise Studio</i> Kate	Cardio Circuit <i>Exercise Studio</i> Crisie	Cardio Circuit w/ Step <i>Exercise Studio</i> Crisie	Cardio Circuit <i>Exercise Studio</i> Crisie
11:00am-12:00pm	Muscular Strength & Range of Motion <i>Exercise Studio</i> Kate	Chair Yoga <i>Exercise Studio</i> <i>(11:15-11:45)</i> Analiza	Muscular Strength & Range of Motion <i>Exercise Studio</i> Crisie	Chair Yoga <i>Exercise Studio</i> <i>(11:15-11:45)</i> Analiza	Muscular Strength & Range of Motion <i>Exercise Studio</i> Crisie
12:15-1:15pm					

