



# EVERETT FAMILY YMCA ACTIVE OLDER ADULTS ACTIVITY SCHEDULE

MARCH 2020

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5 am							
6 am							
7 am	<b>SHALLOW WATER EXERCISE</b> 7:45-8:45 am Recreation Pool	<b>DEEP WATER EXERCISE</b> 7:45-8:30 am Lap Pool	<b>SHALLOW WATER EXERCISE</b> 7:45-8:45 am Recreation Pool	<b>DEEP WATER EXERCISE</b> 7:45-8:30 am Lap Pool	<b>SHALLOW WATER EXERCISE</b> 7:45-8:45 am Recreation Pool		
8 am	<b>ARTHRITIS WATER EXERCISE</b> 9-9:45 am Recreation Pool	<b>RIVER EXERCISE</b> 9-9:45 am Pool - River	<b>ARTHRITIS WATER EXERCISE</b> 9-9:45 am Recreation Pool	<b>RIVER EXERCISE</b> 9-9:45 am Pool - River	<b>ARTHRITIS WATER EXERCISE</b> 9-9:45 am Recreation Pool		
9 am							
10 am			<b>MOVE TOGETHER</b> 9-9:30 am Studio 2				
11 am	<b>SILVERSNEAKERS CIRCUIT</b> 10:30-11:30 am Gym	<b>TAI CHI</b> 10:30-11:30 am Gym	<b>SILVERSNEAKERS CIRCUIT</b> 10:30-11:30 am Gym	<b>CHAIR YOGA</b> 10:30-11:30 am Gym	<b>SILVERSNEAKERS CIRCUIT</b> 10:30-11:30 am Gym		
Noon	<b>MOVE TOGETHER</b> 11:30 am-Noon Studio 2						
1 pm	<b>WELLNESS WALK</b> 11:30 am-Noon Indoor Track	<b>WELLNESS WALK</b> 11:30 am-Noon Indoor Track	<b>WELLNESS WALK</b> 11:30 am-Noon Indoor Track	<b>WELLNESS WALK</b> 11:30 am-Noon Indoor Track	<b>WELLNESS WALK</b> 11:30 am-Noon Indoor Track		
2 pm	<b>SENIORS HAPPY HOUR</b> 12-1 pm Inter-Generational Center		<b>SENIORS HAPPY HOUR</b> 12-1 pm Inter-Generational Center		<b>SENIORS POTLUCK</b> 12-1:30 pm 3rd Friday of Month Inter-Generational Center		<b>MOVE TOGETHER</b> 1-1:30 pm Studio 2
3 pm	<b>CARDIO FIT</b> 3-3:45 pm Studio 2		<b>CARDIO FIT</b> 3-3:45 pm Studio 2				
4 pm	<b>MOVE TOGETHER</b> 4-4:30 pm Studio 2				<b>MOVE TOGETHER</b> 4-4:30 pm Studio 2		
5 pm							
6 pm		<b>RIVER EXERCISE</b> 6-6:45 pm Pool - River		<b>RIVER EXERCISE</b> 6-6:45 pm Pool - River			
7 pm	<b>SHALLOW WATER EXERCISE</b> 6:30-7:30 pm Recreation Pool	<b>DEEP WATER EXERCISE</b> 7-7:45 pm Lap Pool	<b>SHALLOW WATER EXERCISE</b> 6:30-7:30 pm Recreation Pool	<b>DEEP WATER EXERCISE</b> 7-7:45 pm Lap Pool	<b>SHALLOW WATER EXERCISE</b> 6:30-7:30 pm Recreation Pool		
8 pm							