

# Valley Points Family YMCA

## Active Older Adult

### Winter Group Ex Schedule



Monday	Tuesday	Wednesday	Thursday	Friday
<b>SS Circuit</b> 8-8:45 AM @ KVB				<b>SS CardioFit</b> 8-8:45 AM @ KVB
<b>SS Classic</b> 9-9:45 AM @ KVB	<b>Fall Prevention</b> 9:15-9:45 PM @ AVB	<b>SS Classic</b> 9-9:45 AM @ KVB <small>*Begins January 16</small>		<b>SS Classic</b> 9-9:45 AM @ KVB
<b>Silver Strut Walking</b> 9-10 AM @ AVB	<b>Silver Strut Walking</b> 9-10 AM @ AVB	<b>Silver Strut Walking</b> 9-10 AM @ AVB	<b>Silver Strut Walking</b> 9-10 AM @ AVB	<b>Silver Strut Walking</b> 9-10 AM @ AVB
<b>Cardio Circuit</b> 10-10:45 AM @ AVB	<b>Cardio Circuit</b> 10-10:45 AM @ AVB	<b>Cardio Circuit</b> 10-10:45 AM @ AVB	<b>Cardio Circuit</b> 10-10:45 AM @ AVB	<b>Cardio Circuit</b> 10-10:45 AM @ AVB
	<b>SS Yoga</b> 10:30-11:15 AM @ KVB	<b>Moving 4 Better Balance</b> 10:15-11:00 AM @ KVB	<b>SS Yoga</b> 10:30-11:15 AM @ KVB	
<b>SS Classic</b> 11-11:45 AM @ AVB	<b>Chair Yoga</b> 11:15AM-12PM @ AVB	<b>SS Classic</b> 11-11:45 AM @ AVB	<b>Chair Yoga</b> 11:15AM-12PM @ AVB	<b>SS Classic</b> 11-11:45 AM @ AVB
<b>SS Circuit</b> 11-11:45 AM @ NKB	<b>Tai Chi Wellness</b> 11-11:45 AM @ NKB	<b>Moving 4 Better Balance</b> 11-11:45 AM @ NKB	<b>Tai Chi Energy</b> 11-11:45 AM @ NKB	<b>SS Circuit</b> 11-11:45 AM @ NKB
<b>SS Classic</b> 12-12:45 PM @ NKB	<b>SS Yoga</b> 12-12:45 PM @ NKB	<b>SS Classic</b> 12-12:45 PM @ NKB	<b>SS Yoga</b> 12-12:45 PM @ NKB	<b>SS Classic</b> 12-12:45 PM @ NKB
<b>Allegheny Valley</b>	<b>Kiski Valley</b>	<b>Tai Chi Chuan</b> 12-12:45 PM @ AVB	<b>New Kensington</b>	