



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# GROUP FITNESS SCHEDULE

## MIFFLIN AREA YMCA | PHASE 2

### MONDAY

9:00-9:45 AM | Zumba

### TUESDAY

7:45-8:30 AM | Silver Sneakers

8:30-9:00 AM | Core & More

9:10-10:00 AM | Silver Sneakers

### WEDNESDAY

8:00-8:45 AM | Cardio, Strength,  
& More

### THURSDAY

7:45-8:30 AM | Silver Sneakers

8:30-9:00 AM | Core & More

9:10-10:00 AM | Silver Sneakers

### FRIDAY

9:00-9:45 AM | Zumba



\*Group fitness classes do not require reservations, but all members must check in at the Welcome Center before participating.

\*\*Classes are outside and subject to change in the event of inclement weather. Please check Facebook and email for cancellations or updates.

\*\*\*Silver Sneakers classes not be held on Tuesday, 9/8.