



ACTIVE OLDER ADULTS GROUP EXERCISE SCHEDULE BENJAMIN HARRISON YMCA

Check out our full group exercise schedule at [Member Services](http://MemberServices.org/Benjamin-Harrison) or INDYMCA.org/Benjamin-Harrison.
See Member Services for more information.

MIND/BODY

LAND

WATER

MON

TUES

WED

THUR

FRI

SAT

PLAY & LEARN HRS:
8-2pm, 4-8pm

PLAY & LEARN HRS:
8-2pm, 4-8pm

PLAY & LEARN HRS:
8-2pm, 4-8pm

PLAY & LEARN HRS:
8-2pm, 4-8pm

PLAY & LEARN HRS:
8-2pm

PLAY & LEARN HRS:
8-2pm

8:30-9:30am
**Shallow Water
Aerobics**
Rec Pool, Claire

10-11am
Arthritis
Pool, Joy

10-11am
Arthritis
Pool, Joy

11:15am-12:30pm
Aqua Mobility
Rec Pool, Carol

11:15am-12:15pm
Arthritis
Pool, Joy

11:15am-12:30pm
Aqua Mobility
Pool, Carol

11:15am-12:15pm
Arthritis
Pool, Joy

11:15am-12:15pm
Arthritis
Pool, Joy

2:30-3:30pm
LIFE
Studio, Lorraine

12-12:50pm
**SilverSneakers
Yoga**
Studio, Sharon

12-12:50pm
**SilverSneakers
Yoga**
Studio, Molly

12-12:50pm
**SilverSneakers
Yoga**
Studio, Sharon

1-2pm
**SilverSneakers
Classic**
Studio, Terry

1-2pm
**SilverSneakers
Classic**
Studio, Terry

1-2pm
**SilverSneakers
Circuit**
Studio, Molly

1-2pm
**SilverSneakers
Classic**
Studio, Terry

1-2pm
**SilverSneakers
Stability**
Studio, Terry

SUN

PLAY & LEARN
CLOSED

6:45-7:45pm
**Shallow Water
Aerobics**
Rec Pool, Sue

6:30-7:30pm
**Shallow Water
Aerobics**
Rec Pool, Linda

6:30-7:30pm
**Shallow Water
Aerobics**
Rec Pool, Linda

12:30-1:30pm
**Shallow Water
Aerobics**
Rec Pool, Shane