



Ligonier Valley YMCA – ADULT WATER FITNESS CLASSES

Last Revised: January 22, 2019

CATEGORY	CLASS	INSTRUCTOR	DAYS OF WEEK	TIME	LOCATION
	WHIRL POOL	Donna	Mon, Wed, & Fri	8:00 - 9:00 AM	POOL
	JUST ADD WATER	Terry	Tues. & Thurs.	9:00 - 10:00 AM	
	WET N WILD	Trish	Mon. & Wed.	6:30 - 7:30 PM	
	SILVER-SENIOR SPLASH	Danielle	Mon. & Thurs.	11:00 - 12:00 PM	
	WATER WORKOUT	Val	Friday	10:30 - 11:30 AM	

Be sure to check our MONTHLY POOL SCHEDULE for information about OPEN SWIM and the High School & YMCA Swim Team practices/meets. Also, ask about our THERAPY POOLS, which are open to members on Mondays and Wednesdays. Sessions are sold 5 for \$25 or 10 for \$50. Your first session is FREE!

Indicates SilverSneakers Class



Follow us on Facebook for cancellation updates!
Or visit our website
www.ligonierymca.org

Ask about our new TRX Classes & Personal Training with Tommie, Adam & Jeremy.
A great value with incredible trainers!!



Ligonier Valley YMCA – ACTIVE OLDER ADULT CLASSES

Last Revised: January 22, 2019

CATEGORY	CLASS	INSTRUCTOR	DAYS OF WEEK	TIME	LOCATION
	BOOM - MOVE IT	Linda	Monday	8:30 - 9:00 AM	Activity Center
	BOOM - MUSCLE	Linda	Wednesday	8:30 - 9:00 AM	
	BOOM MIND	Linda	Mon & Wed.	9:00 - 9:30 AM	
	CARDIO CIRCUIT	Linda	Mon, Wed, & Fri	9:30 - 10:30 AM	
		SENIOR CHAIR YOGA	Danielle	Wednesday	10:45 - 11:45 AM

~Please note that you do not have to be a SilverSneakers member to participate in SilverSneakers classes!~