



Ligonier Valley YMCA – ADULT WATER FITNESS CLASSES

Last Revised: May 23, 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 | 11:00 - 12:00 PM | |
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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: May 23, 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!~