

Holiday Hours!

12/30/2011



New Year's Eve
8 am-6 pm

New Year's Day
1-6 pm

**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

**Active Older Adults Schedule
January 2012**

Time	Monday	Tuesday	Wednesday	Thursday	Friday
7-8 am	Mat Class- Yoga/Stretch (Sue)-2 (7:30-8am) Beginner Tai Chi-1 Gym		Pilates Plus (Sue)-3+		Yoga (Sue)-3
8 am	Tai Chi (Gerald)-1 Gym			Mat Class- Yoga/Stretch (Sue)-2	Tai Chi (Gerald)-1
9 am	Line Dancing 9:-9:30 Beginner 9:30-10:00am (Linda)-2 Multi-purpose Rm 10:15-11am		9-10am Line Dancing (Linda)-2 Multi-purpose Rm 10:15-11am		9-10am Line Dancing (Linda)-1 Multi-purpose Rm 10:15-11am
10 am	 Cardio Circuit (Crystal)-2 Aerobic Room	 Muscular Strength & Range of Movement (Crystal)-1 Aerobic Room	 Cardio Circuit (Ann)-2 Aerobic Room	 Muscular Strength & Range of Movement (Crystal)-1 Aerobic Room	 Cardio Circuit (Crystal)-2 Aerobics Room
11 am	11:15-12pm Muscular Strength & Range of Movement (Lisa)-1 Aerobic Room		11:15-12pm Muscular Strength & Range of Movement (Ann)-1 Aerobic Room		11:15-12pm Muscular Strength & Range of Movement (Lisa)-1 Aerobic Room
12 pm	12:15-1pm Muscular Strength & Range of Movement (Crystal)-1 Aerobic Room		12:15-1pm Muscular Strength & Range of Movement (Ann)-1 Aerobic Room		12:15-1pm Muscular Strength & Range of Movement (Lisa)-1 Aerobic Room
1-5 pm	2-4 pm Water Color Painting	1-3 pm Card Group	 4:45-5:30pm		
7-8 pm		Mat Class- Yoga/Stretch (Sue)-2		Mat Class- Yoga/Stretch (Instructors Rotate)-2	1=easy 2=medium 3=hard

Activities are subject to change due to member needs. Please talk to an instructor or fitness specialist to make sure the class is appropriate for you.

Silver Sneakers Classes sign in 30 minutes prior to class to reserve your spot

Ticket Required. Tickets obtained 30 min. prior to class

Plant City Family YMCA

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**Lunch & Learn –First Monday of every month from 12-1pm
For more information please contact Tracy McCann.