



Childs Park YMCA @ Jim and Heather Gills YMCA  
March 2nd - March 8th

3200 1st Avenue South  
ST. PETERSBURG, FL 33712  
(727) 328-9622

	MON 2	TUE 3	WED 4	THU 5	FRI 6	SAT 7	SUN 8
9am	<b>Silver Sneakers Classic</b> Heather M 9:30am - 10:15am	<b>Silver Sneakers Classic</b> Heather M 9:30am - 10:15am	<b>Silver Sneakers Circuit</b> Patty M 9:30am - 10:15am	<b>Silver Sneakers Classic</b> Heather M 9:30am - 10:15am	<b>Silver Sneakers Circuit</b> Patty M 9:30am - 10:15am		
10am	<b>Silver Sneakers Circuit</b> Gina L 10:30am - 11:15am	<b>Senior Balance and Strength</b> Heather M 10:30am - 11:15am	<b>Zumba Gold</b> Desiree R 10:30am - 11:15am	<b>Balance, Strength &amp; Stretch</b> Heather M 10:30am - 11:15am	<b>Silver Sneakers EnerChi</b> Gina L 10:30am - 11:15am		
11am	<b>Silver Sneakers EnerChi</b> Gina L 11:30am - 12:15pm	<b>Bone Density</b> Heather M 11:30am - 12:15pm		<b>Bone Density</b> Heather M 11:30am - 12:15pm	<b>Bone Density</b> Heather M 11:30am - 12:15pm		
		<b>Bone Density</b> Heather M 11:30am - 12:15pm					
12pm	<b>Chair Yoga</b> Diane C 12:30pm - 1:15pm	<b>Zumba Gold</b> Maria T 12:30pm - 1:15pm	<b>Chair Yoga</b> Diane C 12:30pm - 1:15pm	<b>Zumba Gold</b> Mildred D 12:30pm - 1:15pm	<b>Chair Yoga</b> Diane C 12:30pm - 1:15pm		
1pm			<b>Senior Seated Volleyball</b> Gina L 1:30pm - 3pm				

Please note that all classes are subject to change due to demand and participation. For your safety, it is recommended you consult your physician prior to starting any exercise program.