



Childs Park YMCA @ Jim and Heather Gills YMCA  
June 5th - June 11th

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

	FRI 5	SAT 6	SUN 7	MON 8	TUE 9	WED 10	THU 11
9am	<b>Silver Sneakers Circuit</b> Patty M 9:30am - 10:15am			<b>Silver Sneakers Classic</b> Gina L 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
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>Senior Balance and Strength</b> Heather M 10:30am - 11:15am
11am	<b>Bone Density</b> Lisa M 11:30am - 12:15pm			<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
12pm	<b>Chair Yoga</b> Diane C 12:30pm - 1:15pm			<b>Chair Yoga</b> Diane C 12:30pm - 1:15pm	<b>Zumba Gold</b> Maria M 12:30pm - 1:15pm	<b>Chair Yoga</b> Diane C 12:30pm - 1:15pm	<b>Zumba Gold</b> Maria M 12:30pm - 1:15pm
1pm						<b>Senior Seated Volleyball</b> KidZone Staff Team 1:30pm - 3:30pm	

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.