the		GROU SCHE (SUBJEC		CLASSES (16+ yrs): Boot Camp Cardio Blast Club Remix				GROUP EXERCISE CLASSES (55+ yrs): Chair Yoga Silver Sneakers			GROUP EXERCISE RESTORATIVE HEALTH CLASSES*: LiveSTRONG at the YMCA (18+) Next cohort: Tues, 1/21-Sat, 4/19 (Please contact Raj at ext. 320 or rwaller@pavymca.org for info)					
Pav YMC		WINTER SESSION: 1/6/2025-2/16/2025				Indoor Cycling Interval Training Strength & Tone Yoga Zumba			Water Arthritis (Pool) Water Works (Pool)			Wellness House Stretching Through Cancer (16+) *All ages need physician approval to join.				
						Zumba			-				Jes need phys	וינומו מאאוי	oval to join.	
SUN MON						· · · · · · · · · · · · · · · · · · ·				are free with membershi			FRI			
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8:00 AM			Silver				Silver		_	Silver				Dest		
8:15 AM	Indoor Cycling North Gym 8-9a		Sneakers		Silver Sneakers		Sneakers			Sneakers				Boot Camp North Gym 8-9a		
8:30 AM			Dance Studio	Club	Dance Studio 8–8:50a		Dance Studio		Club							
8:45 AM	0 54		8-8:50a	Remix NorthGym	0 0.500		8-8:50a	Re North	emix	8-8:50a	Remix North Gym					
9:00 AM			Silver	8:30-9:15a	Water	Chair	Water	8:30-			&:30-9:15a	Water	Silver			
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9:30 AM			Dance Studio		Pool 9-9:45a	Studio	9-9:45a	Dance	5	Pool	Yoga Dance	Pool 9-9:45a	Dance Studio	Zumba	STRONG	
9:45 AM	Club F Dance		9-9:50a			9–10a		Studio 9-9:50a		9-9:45a	Studio 9–10a		9-9:50a	Dance Studio	Wellness Studio	
10:00 AM	9:30-10:30a		Boot Camp North Gym		Cardio Blast		Boot Ca North				val Training North Gym	Cardio Blast North Gym	9:30-	9:15-		
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