

Golden Class Schedule/Dec 08

West Shore YMCA

All classes free to members

Program Members

Golden lite \$20.00/month

Sit and Fit \$20.00/month

Golden pilates/yoga \$20/month

Golden cardio \$20/month

Ages 55 and older

Register at the front desk

Monday	Tuesday	Wednesday	Thursday	Friday
	8:15-9:00am Golden Cardio (Aerobics Studio)		8:15-9:00am Golden Cardio (Aerobics Studio)	
9:30-10:30am Golden Lite	9:15-10:00am Sit and Fit	9:30-10:30am Golden Lite	9:15-10:00am Sit and Fit/	9:30-10:30am Golden Lite
	10:00-11:00am Golden Pilates/		10:00-11:00am Golden Pilates/yoga	