

# SHOREHAVEN STRENGTH AND FITNESS

## MONDAY

### AEROBICS ROOM

8 – 8:45 am ..... Silver Sneakers Circuit: \$2  
9 – 9:45 am ..... YMCA Strength & Conditioning for the AOA:  
..... 8 class punch card \$40  
1 – 1:45 pm ..... Silver Sneakers Cardio & Strength: \$2  
3 – 3:45 pm ..... Balance, Strength & Stability: \$2

### POOL

No water classes on Monday

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## TUESDAY

### AEROBICS ROOM

9 – 9:45 am ..... Zumba Gold: \$5  
10:30 – 11:20 am.... Silver Sneakers Classic: \$2  
2:00-2:30 Joint Mobility and Balance: \$2

### POOL

8:30 – 9:30 am ..... Silver Splash: \$3  
1 – 2 pm..... Silver Splash: \$3

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## WEDNESDAY

### AEROBICS ROOM

8 – 8:45 am ..... Silver Sneakers Circuit: \$2  
9 – 9:45 am ..... YMCA Yoga for the AOA:  
..... 8 class punch card \$40  
1 – 1:45 pm ..... Silver Sneakers Cardio & Strength: \$2  
3 – 3:45 pm ..... Senior Stretch: \$2

### POOL

NO Classes

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## THURSDAY

### AEROBICS ROOM

9 – 9:45 am ..... Zumba Gold: \$5  
10:30 – 11:20 am.... Balance, Strength & Stability: \$2

### POOL

8:30 – 9:30 am ..... Silver Splash: \$3

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## FRIDAY

### AEROBICS ROOM

8 – 8:45 am ..... Silver Sneakers Circuit: \$2  
9 – 9:45 am ..... YMCA Strength & Conditioning  
..... 8 class punch card \$40  
10:15 – 11:15 am ..... Chair Yoga: \$5

### POOL

1 – 2 pm..... Silver Splash: \$3

Land Punch card available \$18 for 10 classes,  
Water Punch card available \$27 for 10 classes