

Beaverton Family YMCA

Group Exercise for Active Older Adults

Effective August 1, 2010

MON	TUE	WED	THU	FRI	SAT
	8:00 - 9:00 am Group Active Aylin		8:00 - 8:45 am Silver&Fit® Dance Zumba Gold! Laura		
8:00 - 8:50 am SilverSneakers® Cardio Circuit Sue	8:00 - 8:45 am SilverSneakers® SilverSplash Dawn	8:00 - 8:50 am SilverSneakers® Cardio Circuit Mary	8:00 - 8:45 am SilverSneakers® SilverSplash Dawn	8:00 - 8:50am SilverSneakers® Cardio Circuit Dawn	9:00 - 9:45 am Aqua Circuit - Dawn
9:00 - 9:45 am Aqua Fit -Dawn	9:00 - 9:45 am Aqua Fit-Matt	9:00 - 9:45 am Aqua Fit -Matt	9:00 - 9:45 am Aqua Fit - Matt	9:00 - 9:45 am Aqua Fit - Sue	9:00 - 10:00 am Zumba - Aylin
	9:00-10:00 am Group Centergy Tamera		9:00-10:00 am Group Centergy Jessica	9:00 - 10:00 am Group Active Debbie	
10:00-11:00 am Pilates Peggy	10:05 - 10:50 am Tai Chi Jim	10:00-11:00 Gentle Yoga Jim	10:05 - 10:50 am Tai Chi Jim	10:00-11:00 am Pilates Jessica	
10:30 - 11:00 am Senior Circuit Weight Training-Sue		10:30 - 11:00 am Senior Circuit Weight Training-Sue		10:30 - 11:00 am Senior Circuit Weight Training-Sue	
11:05 - 12:00 pm Forever Fit Sue	11:05 - 12:00 pm SilverSneakers® Cardio Circuit Tamera	11:05 - 12:00 pm Forever Fit Sue	11:05 - 12:00 pm SilverSneakers® Cardio Circuit Sue	11:05 - 12:00 pm Stretch Sue	11:15 am - 12:15 pm Group Centergy Ginny
	12:05 - 1:05 pm Group Centergy Peggy		12:05 - 1:05 pm Group Centergy Michelle		
1:30- 2:30pm SilverSneakers® MSROM Paige	1:30 - 2:30 pm Yoga I Rachel	1:30- 2:30pm Silver&Fit® Level 2 Paige	1:30 - 2:30 pm Yoga II - Vinyasa Rachel	1:30- 2:30pm SilverSneakers® MSROM Paige	

Beaverton Family YMCA
4925 SW Griffith Drive
Beaverton, OR 97005
(503) 644-3900



FACILITY HOURS
Monday- Friday: 5:00 am - 9:00 pm
Saturday & Sunday 7:00 am - 7:00 pm