

Beaverton Family YMCA

Group Exercise for Active Older Adults

CHANGES EFFECTIVE 11/6/2009

MON	TUE	WED	THU	FRI	SAT
	8:00 - 9:00 am Group Active Peggy				
8:00 - 8:50 am SilverSneakers® Cardio Circuit Dawn	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 Vickey	9:00 - 9:45 am Aqua Circuit - Dawn
9:00 - 9:45 am Aqua Fit -Dawn	9:00 - 9:45 am Aqua Fit-Dawn	9:00 - 9:45 am Aqua Fit -Mary	9:00 - 9:45 am Aqua Fit - Dawn	9:00 - 9:45 am Aqua Fit - Sue	9:00 - 10:00 am Zumba - Aylin
	9:00-10:00 am Group Centergy Mary		9:00-10:00 am Group Centergy Peggy	9:00 - 10:00 am Group Active Debbie	
	10:05 - 10:50 am Tai Chi Jim		10:05 - 10:50 am Tai Chi Jim		
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 Vickey	11:05 - 12:00 pm Forever Fit Sue	11:05 - 12:00 pm SilverSneakers® Cardio Circuit Sue	11:05 - 12:00 pm Stretch Sue	
	12:05 - 1:05 pm Pilates Judy		12:05 - 1:05 pm Group Centergy Michelle		
1:30 - 2:30pm SilverSneakers® MSROM Judy	1:30 - 2:30 pm Beginning Yoga Rachel	1:30 - 2:30pm SilverSneakers® MSROM Judy	1:30 - 2:30 pm Gentle Yoga Jim	1:30 - 2:30pm SilverSneakers® MSROM Judy	

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



FACILITY HOURS
Monday- Friday: 5:00 am - 10:00 pm
Saturday & Sunday 7:30 am - 8:00 pm