



ACTIVE OLDER ADULTS EVENTS

CITRUS MEMORIAL HEALTH FOUNDATION YMCA

FITNESS AT THE YMCA

MONDAY

SILVERSNEAKERS CLASSIC

9:45-10:45 **GE**

SILVERSPLASH

11-11:45 **CP**

TUESDAY

SILVERSNEAKERS CLASSIC

9:45-10:45 **GE**

WEDNESDAY

SILVERSNEAKERS CLASSIC

9:45-10:45 **GE**

SILVERSPLASH

11-11:45 **CP**

THURSDAY

SILVERSNEAKERS CLASSIC

9:45-10:45 **GE**

FRIDAY

TAI CHI

11-noon **GE**

CHAIR YOGA

9:45-10:45 **GE**

OTHER EVENTS AT THE YMCA HEALTHY LIVING CENTER

SEWING GUILD CLASS: 8:30 a.m.-2 p.m. Oct. 10, Oct. 18, Oct. 20 (9 a.m. start)

CANCER CONNECTION: 5-6:30 p.m. Oct. 4.

DIABETES EDUCATION: With Elis Brashear, 8:30 a.m. Oct. 19

FITNESS AT HOMOSASSA UNITED METHODIST CHURCH

SILVERSNEAKERS CARDIO

9:30-10:30 **HUM**

SILVERSNEAKERS CLASSIC

10:30-11:30 **HUM**

PILATES STRETCH

9:30-10:30 **HUM**

SILVERSNEAKERS CLASSIC

10:30-11:30 **HUM**

SILVERSNEAKERS CARDIO

9:30-10:30 **HUM**

SILVERSNEAKERS CLASSIC

10:30-11:30 **HUM**

LEGEND

CP

Competition Pool

CY

Cycling Room

HL

Healthy Living Center

GE

Group Exercise Room

O

Outdoors

HUM

Homosassa United Methodist Church