





Northwood YMCA
 Senior Friendly Classes

FALL 2009

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:30 AM		Rise & Shine Yoga Laura 		Rise & Shine Yoga Laura 		
10:00 AM		 MSROM 1 Donna	Beginners' Yoga Nand	 MSROM 1		
10:30 AM						 MSROM 1 Rachel
11:00 AM		 YogaStretch 30 minutes Donna		 YogaStretch 30 minutes		

Group Water Fitness Classes

All Water Fitness/Aerobics classes held in pool.
 If temp is ≤ 50° one hour before class, it may be cancelled.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 AM	H ₂ O Fitness Deanne	Water Aerobics Joan	Water Aerobics Joan	Water Aerobics Joan	H ₂ O Fitness Rachel