



2016 PHIL CLINE FAMILY Y 2016

	Monday	Tuesday	Wednesday	Thursday	Friday	
<p>The Phil Cline Family Y classes are designed for our Senior Members</p>	<p>9:00 - 10:00 Senior Wise YOGA Elizabeth</p> <p>11:00 - 11:45 Silver Sneakers Circuit Carolyn</p>	<p>8:40 - 9:20 Tai-Chi Carolyn</p> <p>9:30 - 10:30 Weighted Workout Susan</p> <p>11:00 - 11:45 Silver Sneakers Classic Elizabeth</p>	<p>9:00 - 10:00 Zumba Connie</p> <p>10:05 - 10:45 Silver Sneakers YOGA Carolyn</p> <p>11:00-12:00 Senior Wise Allison</p> <p>ZUMBA 5:30 PM</p>	<p>9:00 - 10:00 Senior Wise YOGA Elizabeth</p> <p>10:00 - 10:45 Silver Sneakers YOGA Carolyn</p> <p>11:00-11:45 Silver Sneakers Classic</p>	<p>9:00-10:00 ZUMBA Connie</p> <p>Zumba 5:30 PM Connie</p>	<p>The Phil Cline Family Y classes are designed for our Senior Members.</p>
<p>PHIL CLINE FAMILY Y 917 9th STREET Huntington, WV 25701 304-697-7113 www.huntingtonymca.org</p>	<p>9:00 - 10:00 Senior Wise YOGA Elizabeth</p> <p>11:00 - 11:45 Silver Sneakers Circuit Carolyn</p>	<p>8:40 - 9:20 Tai-Chi Carolyn</p> <p>9:30 - 10:30 Weighted Workout Susan</p> <p>11:00 - 11:45 Silver Sneakers Classic Elizabeth</p>	<p>9:00 - 10:00 Zumba Connie</p> <p>10:05-10:45 Silver Sneakers YOGA Carolyn</p> <p>11:00-12:00 Senior Wise Allison</p> <p>ZUMBA 5:30 PM</p>	<p>9:00 - 10:00 Senior Wise YOGA Elizabeth</p> <p>10:00 - 10:45 Silver Sneakers Yoga Carolyn</p> <p>11:00-11:45 Silver Sneakers Classic Elizabeth</p>	<p>9:00 - 10:00 ZUMBA Connie</p> <p>Zumba 5:30 PM Connie</p>	
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