

# BE HEALTHY. BE STRONG. BELONG.



**M**

**Up and At 'Em  
Water Aerobics!**  
8:30-9:30am  
Pool

**Deep Water  
Dynamics**  
9:30-10:30am  
Pool

**Yoga with Kasia**  
6:00-6:45pm  
Studio 2

**T**

**Silver Sneakers  
Circuit with Donna**  
9:30-10:15am  
Studio 2

**Zumba with  
Jennifer**  
5:15-6:00pm  
Studio 2

**W**

**Up and At 'Em  
Water Aerobics!**  
8:30-9:30am  
Pool

**Deep Water  
Dynamics**  
9:30-10:30am  
Pool

**Yoga with Kasia**  
5:30-6:15pm  
Studio 2

**TH**

**Silver Sneakers  
Circuit with  
Donna**  
9:30-10:15am  
Studio 2

**Zumba Toning  
with Jennifer**  
5:15-6:00pm  
Studio 2

**Spin with Tim**  
5:30-6:15 pm  
Studio 2

**F**

**Up and At 'Em  
Water Aerobics!**  
8:30-9:30am  
Pool

**Deep Water  
Dynamics**  
9:30-10:30am  
Pool

**SAT**

**Zumba GOLD with  
Jennifer**  
9:15-10:00am  
Studio 2

**Breathing & Chair Yoga  
with Gini**  
10:15-11:15 am  
Studio 1

**SUN**

**Yin Yoga with Gini**  
9:45 - 10:30am  
Studio 2

**CAMPANELLI YMCA**

300 West Wise Road  
Schaumburg, IL 60193

