



LEWIS STREET YMCA NEIGHBORHOOD CENTER PROGRAMMING

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
8 AM TO NOON AOA Programming 10 AM Diabetes Prevention Program	8 AM TO NOON AOA Programming 11 AM Foodlink Healthy Cooking Classes	8 AM TO NOON AOA Programming 11 AM Chair Aerobics	8 AM TO NOON AOA Programming 10:30 AM AOA Sewing	8 AM TO NOON AOA Programming 11 AM Zumba
NOON Congregate Meals		NOON Congregate Meals		NOON Congregate Meals
1 PM AOA Bingo		1 PM Line Dancing		
2-5:30 PM After School Programming	2-5:30 PM After School Programming 5:30 PM Pheonix Dance Team	2-5:30 PM After School Programming 3 PM Boy Scouts	2-5:30 PM After School Programming	2-5:30 PM After School Programming
6-8 PM Community Programs 6 PM Exercise Class	6-8 PM Community Programs 6 PM Adult Basketball	6-8 PM Community Programs 6 PM Community Yoga	6-8 PM Community Programs 6 PM Adult Double-Dutch	6-8 PM Community Programs 6 PM Open Gym

The Lewis Street YMCA Neighborhood Center is open 8 am-8 pm, Monday-Friday