



LEWIS STREET YMCA NEIGHBORHOOD CENTER PROGRAMMING

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
8 AM TO NOON AOA Programming 11 AM AOA Exercise Class	8 AM TO NOON AOA Programming 11 AM AOA Exercise Class	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 AOA Exercise Class
NOON Congregate Meals	NOON TO 2 PM Adult Arts & Crafts	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 2-4 PM Adult Stress Management Workshop 5:30 PM Pheonix Dance Team	2-5:30 PM After School Programming 5:30 PM Pheonix Dance Team	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 Adult Hula Hoop	6-8 PM Community Programs	6-8 PM Community Programs 6 PM Open Gym

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