



LEWIS STREET YMCA NEIGHBORHOOD CENTER PROGRAMMING

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
9-11 AM Quarterback Club 11 AM TO NOON SilverSneakers AOA Class	10-11 AM SilverSneakers AOA Class 10-11 AM SilverSneakers AOA Class	11 AM TO NOON SilverSneakers AOA Class		9-11 AM Quarterback Club 11 AM TO NOON SilverSneakers AOA Class 12:30-1:30 PM Pastor Mike (every other Friday)
NOON Congregate Meals	NOON TO 2 PM Arts & Crafts	NOON Congregate Meals	NOON TO 2 PM Sewing Class	NOON Congregate Meals
2-5:30 PM After School Programming	2-5:30 PM After School Programming 5:30 PM Sonya Dance Team	2-5:30 PM After School Programming 5:30 PM Sonya Dance Team	2-5:30 PM After School Programming 5:30 PM Sonya Dance Team	2-5:30 PM After School Programming
6-8 PM Community Programs 6 PM Exercise Class	6-8 PM Community Programs 6-7 PM Cardio Exercise Class 7-8 PM Adult Men's Basketball	6-8 PM Community Programs	6-8 PM Community Programs 6-8 PM Line Dancing (every other Thursday)	6-8 PM Community Programs Women's Group 6 PM Open Gym

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