

TITUSVILLE YMCA
SilverSneakers
Turkey Burn
November 26, 2025
9:30-10:30am

<u>SilverSneakers Schedule</u>		
9:30-9:35	Warm Up	Mikaela
9:35-9:45	SilverSneakers Classic	Jacquelyn
9:45-9:55	EnerChi	Holly
9:55-10:05	Fitness Drumming	Mikaela
10:05-10:15	Balance and Fall Prevention	Heidi
10:15-10:25	Gentle Stretch	Heidi
10:25-10:30	Closing Remarks	Jacquelyn



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY