



**The Villages at Carver Family YMCA**  
**Movers and Shakers**  
**“The Fitness Program for Active Older Adults”**

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**2010**

<b>MONDAY</b>	<i>9:15 - 10:15am</i>	Senior Fitness
	<i>10:20 - 12:30pm</i>	Computer Class
	<i>11:10 - 12:30pm</i>	Bowling
<b>TUESDAY</b>	<i>9:15 - 10:15am</i>	Floral Design
	<i>10:15 - 11:15am</i>	Senior Chair Aerobics
<b>WEDNESDAY</b>	<i>9:30 - 11:15am</i>	Sewing/Quilting
	<i>10:15 - 11:15am</i>	Senior Water Aerobics
	<i>11:20 - 12:20pm</i>	Senior Fitness
	<i>12:30pm</i>	Lunch and Learn
<b>THURSDAY</b>	<i>9:15 - 10:15am</i>	Arts & Crafts
	<i>10:20 - 11:20pm</i>	Senior Chair Aerobics
	<i>11:25 - 12:25pm</i>	Line Dancing
<b>FRIDAY</b>	<i>9:00 - 10:00am</i>	Senior Water Aerobics

For more information, contact George Lessane  
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