

**Silver Sneakers Mini Session 2021**

Week 1 Dec. 13-17	Week 2 Dec. 20-24	Week 3 Dec. 27-31
<p>Monday – 9am Yoga w Debbie 9:15am Classic w/ Sierra 10:30am Liver Focus Class w/ Sierra in Meeting Room A</p> <p>Tuesday – 8am Yoga w/ Debbie Santa and Me in the Gymnasium from 9-11am</p> <p>Wednesday - 9am Yoga w Debbie 9:15am Classic w/ Sierra 10:30am Mail Carriers Gift Baskets/ Sierra Meeting Room B Sign up by December 8<sup>th</sup> w/ Sierra I will explain in detail on a flyer</p> <p>Thursday – 8am yoga w/ Debbie 9:15am Classic w/ Sierra 10:15am Christmas Cardio w/ Sierra</p> <p>Friday – 9:15am Yoga w Debbie 9:15am Classic w/ Sierra 11:30am Christmas Party with Sierra in REC Room</p>	<p>Monday – 9am Yoga w Debbie 9:15am Classic w/ Sierra 10:30am Sugar detox class w/ Sierra in Meeting Room B</p> <p>Tuesday – 8am Yoga w/ Debbie 9:15am Classic w/ Sierra</p> <p>Wednesday - 9am Yoga w Debbie 9:15am Classic w/ Sierra 10:15am Christmas Cardio w/ Sierra</p> <p>Thursday – 8am yoga w/ Debbie 9:15am Classic w/ Sierra</p> <p>Friday – YMCA is open until 12pm</p>	<p>Monday – 9am Yoga w Debbie 9:15am Classic w/ Sierra 10:30am Skin Health Class w/ Sierra in Meeting Room A</p> <p>Tuesday – 8am Yoga w/ Debbie 9:15am Classic w/ Sierra</p> <p>Wednesday - 9am Yoga w Debbie 9:15am Classic w/ Sierra 10:30am Class on creating healthy goals for the New Year w/ Sierra Meeting Room B</p> <p>Thursday – 8am yoga w/ Debbie 9:15am Classic w/ Sierra</p> <p>Friday – YMCA is open until 4pm</p>