

Harrisburg JCC - SilverSneakers® Fitness  
Program Schedule

**Monday**

9:30 – 10:30am SilverSplash®

10:45 – 11:45 am SilverSneakers® CardioFit

11:45am – 12:45pm SilverSneakers® YogaStretch

**Tuesday**

9:15 – 10:15am SilverSneakers® Muscular Strength &  
ROM

**Wednesday**

9:30 – 10:30am SilverSplash®

9:45 – 10:45am SilverSneakers® Muscular Strength &  
ROM

10:45 – 11:45am SilverSneakers® CardioFit

11:45am – 12:45pm SilverSneakers® YogaStretch

**Thursday**

9:15 – 10:15am SilverSneakers® Muscular Strength &  
ROM

**Fitness Center Hours of Operation**

**Monday thru Thursday: 6:00 AM to 9:30 PM**

**Friday: 6:00 AM to 5:30 PM**

**Sunday: 7:00 AM to 7:00 PM**