



Grand Lake Family YMCA

Skea Gymnasium

Effective January 10 – March 9, 2026

	MON	TUES	WED	THURS	FRI	SAT
8:00am-9:00am	Boom on the Move	Open Gym	Boom on the Move	Open Gym	Boom on the Move	
9:30am-10:20am	Silver Sneakers Classic	Silver Sneakers Yoga	Silver Sneakers Classic	Silver Sneakers Yoga	Silver Sneakers Classic	
11:00am-11:50am		Tai Chi		Tai Chi		Open Gym 8:00am – 2:30pm
12:30pm-1:20pm	Open Gym	Pedaling for Parkinson's	Open Gym	Open Gym 12:00pm – 1:30pm	Open Gym	
2:00pm-3:00pm	11:00am – 6:00pm		11:00pm – 7:30pm	**Parkinson's Support Group 2nd Thursday of each month	11:00pm – 5:30pm	
3:00pm-4:00pm		Open Gym 2:00pm – 7:30pm		**Parkinson's PWR!Moves & Speak Out		
6:00pm-7:30pm	Co-Ed Volleyball League 6:00pm- 7:30 pm Feb 9 – March 9			Open Gym 4:00pm- 5:30pm		
				Intramural Basketball League 6:00pm- 7:30pm Feb 5 – March 5		

***All times subject to change or cancellation. All Grand Lake Family YMCA programs have scheduling priority. All unmarked Time Slots are available for Open Gym.**

****Parkinson's Support Group** Contact Candy Brasel by text 281-704-6640 for more information

Boom on the Move – Debbie Creekmore Fun dance-based class following the Zumba Gold format. The class improves cardio fitness with easy-to-follow moves and energizing music. Last 20 minutes the emphasizes is on strength and flexibility

Pedaling for Parkinson's – Rosetta Fahrlander The class is specific to anyone diagnosed with Parkinson's disease. To participate in the program, you must: • Have a clinical diagnosis of Parkinson's Disease • Complete and submit a signed consent

SilverSneakers® Classic – Debbie Creekmore Move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities of daily living. A chair is used for seated and/or standing support

SilverSneakers® Yoga – Jackie Kirby The class will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of poses designed to increase flexibility, balance and range of movement.

Tai Chi – Kirsten Mustain Gentle class based on the martial art of Tai Chi. It consists of ten Tai Chi "forms", precited slowly to music, in addition to other gentle stretches and movements designed to enhance balance, mobility, strength, and flexibility. Chairs are used for warm up and cooldown, and may also be used throughout the class for students with less mobility.