Grand Lake Family YMCA

Skea Gymnasium

Effective November 1, 2026

GYMNASIUM

	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	Open Gym 8:00am – 2:30pm
9:00am-9:50am		SilverSneakers Yoga		SilverSneakers Yoga		
9:30am-10:20am	Silver Sneakers Classic		Silver Sneakers Classic		Silver Sneakers Classic	
10:00am-10:50am		SilverSneakers Yoga		SilverSneakers Yoga		
11:00am-11:50am	Open Gym 11:00am – 6:30pm	Tai Chi	Open Gym 11:00pm – 7:30pm	Tai Chi	Open Gym 11:00pm – 6:30pm	
12:30pm-1:20pm		Parkinson's Fighting Back		Open Gym 12:00pm – 1:30pm		
2:00pm-3:00pm		Open Gym 2:00pm – 7:30pm		**Parkinson's Support Group 2nd Thursday of each month		
3:00pm-4:00pm				**Parkinson's PWR!Moves & Speak Out		
6:00pm-7:30pm	Co-ed Volleyball 7pm-9pm			Open Gym 4:00pm-7:30pm		

*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.

Parkinson's Fighting Back – Rosetta Fahrlander More than just a class – it's a movement. Build physical strength and mental toughness as you fight through every challenge. Grounded in faith and fueled by hope, this class will empower you to break limits and transform from the inside out.

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.