



# ACTIVE OLDER ADULTS

## A P R I L 2 0 2 5

MON	TUES	WED	THUR	FRI
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### GROUP EXERCISE

**SilverSneakers Classic**  
**Monday & Tuesday**  
 Mon: 9am-10am & 10am-11am  
 Tues: 10am-11am  
 Gymnasium

**Balance & Motion**  
**Wednesdays: 11am-12pm**  
 Exercise Studio

**Zumba Gold**  
**Thursdays: 10am-11am**  
 Gymnasium

**Aqua Tone**  
**Wednesdays: 11am-11:45am**  
 Therapy Pool

**Chair Yoga**  
**Tuesday & Friday**  
 Tue: 12pm-1pm  
 Fri: 11am-12pm  
 Exercise Studio

**Silver Soul**  
**Wednesdays: 10am-11am**  
 Gymnasium

**Water Fitness**  
 Mondays: 6pm-7pm  
 Tues & Thur: 8am & 9am  
 Fridays: 8am-9am  
 Main Pool

**Aqua Zumba**  
**Wednesdays: 6pm-7pm**  
 Therapy Pool

**Y-Tour**  
**Tuesdays**  
**9am-9:45am**  
 All Members Welcome!  
 Meet at the front desk

**Journal Club**  
**9am-10am**  
 Weekly in the  
 Community Rooms

**Meet us for  
 Mahjong!**  
**12pm-3pm**

**Creative Corner**  
**11am-3pm**  
 Weekly in the  
 Community Rooms

**Equipment Orientation**  
**4:30pm**  
 All Members Welcome!  
 Meet at the front desk

**Table Tennis**  
**5pm-7pm**  
 Weekly in the  
 Community Rooms

**April 3**  
**Book Club**  
**9am-10am**  
 Discussion:  
 "The Heaven & Earth  
 Grocery Store"  
 by James McBride

**Table Tennis**  
**5pm-7pm**  
 Weekly in the  
 Community Rooms

**April 4**  
**Educational Seminar**  
**12pm-1pm**  
 Topic: "Power of Attorney &  
 Advanced Planning"  
 Presented by: Heather M. Seter,  
 Pueblo Pro Bono & Outreach  
 Coordinator

**April 11**  
**Potluck**  
**12pm-1pm**  
 Theme:  
 "Garden Gala" Dress for Spring

Visit [puebloymca.org/aoa](http://puebloymca.org/aoa) and click on the "Social Events" to learn more about all AOA social programs or contact Cheri Ward at 719-543-5151 x 322 or email [cward@puebloymca.org](mailto:cward@puebloymca.org)

**Please note:** GroupEx classes are only for YMCA members. All other events are FREE to the public.