



ACTIVE OLDER ADULTS

F E B R U A R Y 2 0 2 5

MON

TUES

WED

THUR

FRI

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

Book Club 2/6
9am-10am
Discussing "The Seed Keeper"
by Diane Wilson

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

Feb 7
Educational Seminar
12pm-1pm
Topic: "Strive and be Alive in
2025" by Kaiser Permanente

Feb 14
Potluck
12pm-1pm
Theme:
"Puppy Love" dress your Valentine's best
and bring pictures of your "Paw-Some"
pooches for table conversation

Visit 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

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