



ACTIVE OLDER ADULTS

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MON

TUES

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FRI

GROUP EXERCISE

SilverSneakers Classic

Monday & Tuesday

Mon: 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

Senior Sampler

Fridays: 1pm-2pm

Exercise Studio

Chair Yoga

Friday

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

Journal Club

9am-10am

Weekly in the
Community Rooms

Meet us for

Mahjong!

12pm-3pm

Creative Corner

11am-3pm

Weekly in the
Community Rooms

*Wood Slice Magnets July 2nd,
Supplies provided

Equipment Orientation

4:30pm

All Members Welcome!

Meet at the front desk

Table Tennis

5pm-7pm

Weekly in the
Community Rooms

July 3

Book Club

9am-10am

Discussion:
"The Reading List"
by Sara Nisha Adams

Table Tennis

5pm-7pm

Weekly in the
Community Rooms

July 4

Closed

July 11

Potluck

12pm-1pm

Theme:

"Red, White, Blue, and Sparkles Too" Dress
patriotic and sprinkle with sparkles!

Visit puebloymca.org/aoa and click on the "Social Events" to learn more about all AOA social programs

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