



ACTIVE OLDER ADULTS

SCHEDULE

| MON | TUES | WED | THUR | FRI | GroupEx |
|-----|--|--|---|---|--|
| | <p>Y-Tour Tuesdays 9am-9:45am</p> | <p>Journal Club 9am-10am Weekly in the Community Rooms</p> <p>August 7 Meet us for Mahjong! 12pm-3pm</p> <p>Creative Corner 11am-3pm Weekly in the Community Rooms</p> <p>Table Tennis 5pm-7pm Weekly in the Community Rooms</p> | <p>August 1 Book Club 9am-10am Book Discussion: "I Was Anastasia" by Ariel Lawhon</p> | <p>Table Tennis 5pm-7pm Weekly in the Community Rooms</p> <p>August 2 Educational Seminar 12pm-1pm Topic: "Move! The Safe & Pain-Free Way" Presented by Chad Clark, MSPT, CSCS</p> <p>August 9 Potluck 12pm-1pm Theme: "Cruising Through Summer"</p> | <p>SilverSneakers Classic Monday & Tuesday Mon: 9am-10am & 10am-11am Tues: 10am-11am Gymnasium</p> <p>Chair Yoga Tuesday & Friday Tue: 12pm-1pm Fri: 11am-12pm Exercise Studio</p> <p>Balance & Motion Wednesdays: 11am-12pm Exercise Studio</p> <p>Silver Soul Wednesdays: 10am-11am Gymnasium</p> <p>Zumba Gold Thursdays: 10am-11am Gymnasium</p> <p>Water Fitness Mondays: 5:30pm-6:30pm Tues & Thur: 8:30am & 9:30am Fridays: 8:30am-9:30am Main Pool</p> <p>Aqua Tone Wednesdays: 11am-11:45am Therapy Pool</p> <p>Aqua Zumba Wednesdays: 6pm-7pm Therapy Pool</p> |

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.

AUG 2024