



# ACTIVE OLDER ADULTS

J A N 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

**YMCA Closed Jan 1st**  
New Year's Day  
**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

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

**Jan 3**  
**Educational Seminar**  
12pm-1pm  
Topic: "Visiting Angels"  
Information on their services

**Jan 10**  
**Potluck**  
12pm-1pm  
Theme:  
"Elvis Presley's 90th Birthday  
Tribute" Dress in your 50s best!

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.