

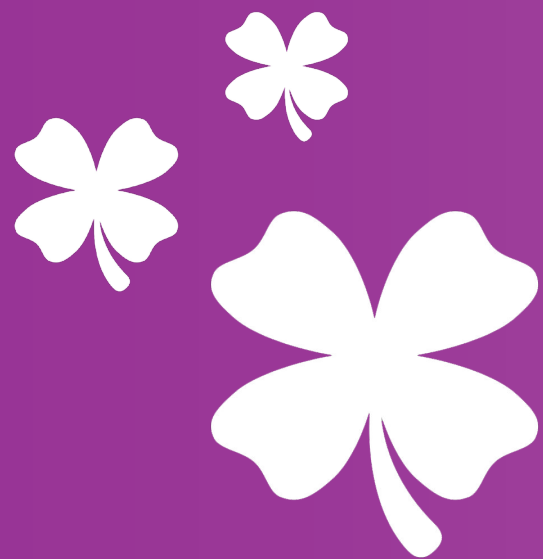


# ACTIVE OLDER ADULTS SCHEDULE

MON	TUES	WED	THUR	FRI	GroupEx
		<b>Journal Club</b> 9am-10am Weekly in the Community Rooms		<b>Table Tennis</b> 5pm-7pm Weekly in the Community Rooms	<b>SilverSneakers Classic</b> Monday-Thursday 10am-11am Gymnasium  <b>SilverSneakers Yoga</b> Monday & Friday 11am-12pm Exercise Studio  <b>Yoga &amp; Stability Together</b> Tuesdays 11am-12pm Gymnasium  <b>Water Fitness</b> Monday & Wednesday 5:30pm-6:30pm Tues/Thur/Friday 8:30am-9:30am Main Pool  <b>POWERSwim</b> Wednesdays 5:30pm-6:30pm Main Pool
	<b>Creative Corner</b> 11am-3pm Weekly in the Community Rooms		<b>MARCH 3</b> <b>Educational Seminar</b> 12pm-1pm Every 1st Friday Community Rooms		
	<b>Table Tennis</b> 5pm-7pm Weekly in the Community Rooms		<b>MARCH 10</b> <b>Potluck</b> 12pm-1pm Every 2nd Friday Community Rooms		
<b>MARCH 27</b> <b>Book Club</b> 9am-10am Last Monday of each month			<b>MARCH 17</b> <b>Cards with Crump</b> 11am-12pm Every 3rd Friday Community Rooms		

Please visit [puebloymca.org/aoa](http://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.



# MAR 2023