



ACTIVE OLDER ADULTS

SCHEDULE

MON	TUES	WED	THUR	FRI	GroupEx
		Journal Club 9am-10am Weekly in the Community Rooms		Table Tennis 5pm-7pm Weekly in the Community Rooms	SilverSneakers Classic Monday & Tuesday Mon: 9am-10am & 10am-11am Tues: 10am-11am Gymnasium Chair Yoga Tuesday & Friday Tue: 12pm-1pm Fri: 11am-12pm Exercise Studio Balance & Motion Wednesdays: 11am-12pm Exercise Studio SilverSneakers Classic Wednesdays: 10am-11am Gymnasium Zumba Gold Thursdays: 10am-11am Gymnasium Water Fitness Tues & Thur: 8:30am & 9:30am Fridays: 8:30am-9:30am Main Pool Aqua Tone Wednesdays: 11am-11:45am Therapy Pool Aqua Zumba Wednesdays: 6pm-7pm Therapy Pool
	Creative Corner 11am-3pm Weekly in the Community Rooms		Feb 2 Educational Seminar 12pm-1pm Topic: "Being Prepared" Presented by Visiting Angels		
	Table Tennis 5pm-7pm Weekly in the Community Rooms		Feb 9 Potluck 12pm-1pm Theme: "Palentine's Day"		
			Feb 16 Game Day 12pm-1pm Game: "Queen of Hearts" Card Party		



FEB
2024

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.