



# ACTIVE OLDER ADULTS

## SCHEDULE

MON	TUES	WED	THUR	FRI	GroupEx
		<b>Journal Club</b> 9am-10am Weekly in the Community Rooms	<b>July 4</b> YMCA CLOSED for Independence Day	<b>Table Tennis</b> 5pm-7pm Weekly in the Community Rooms	<b>SilverSneakers Classic</b> Monday & Tuesday Mon: 9am-10am & 10am-11am Tues: 10am-11am Gymnasium  <b>Chair Yoga</b> Tuesday & Friday Tue: 12pm-1pm Fri: 11am-12pm Exercise Studio  <b>Balance &amp; Motion</b> Wednesdays: 11am-12pm Exercise Studio  <b>Silver Soul</b> Wednesdays: 10am-11am Gymnasium  <b>Zumba Gold</b> Thursdays: 10am-11am Gymnasium  <b>Water Fitness</b> Mondays: 5:30pm-6:30pm Tues & Thur: 8:30am & 9:30am Fridays: 8:30am-9:30am Main Pool  <b>Aqua Tone</b> Wednesdays: 11am-11:45am Therapy Pool  <b>Aqua Zumba</b> Wednesdays: 6pm-7pm Therapy Pool
		<b>July 3</b> Meet us for Mahjong! 12pm-3pm	<b>August 1</b> <b>Book Club</b> 9am-10am Book Discussion: "I Was Anastasia" by Ariel Lawhon	<b>July 5</b> <b>Educational Seminar</b> 12pm-1pm Topic: "Sleep Apnea" Presented by Chuck & Nancy Cosgrove	
		<b>Creative Corner</b> 11am-3pm Weekly in the Community Rooms		<b>July 12</b> <b>Potluck</b> 12pm-1pm Theme: "Olympic Paris Party!"	
		<b>Table Tennis</b> 5pm-7pm Weekly in the Community Rooms			

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.



# JULY 2024