



ACTIVE OLDER ADULTS

SCHEDULE

MON

TUES

WED

THUR

FRI

GroupEx

Journal Club
9am-10am
Weekly in the
Community Rooms

March 6
Meet us for Mahjong!
12pm-3pm

Creative Corner
11am-3pm
Weekly in the
Community Rooms

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

March 7
Book Club
9am-10am

Book: "From Scratch: A
Memoir of Love, Sicily,
and Finding Home"
by Tembi Locke

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

March 1
Educational Seminar
12pm-1pm
Topic: "Walk This Way!"
Presented by Tiffani Hinkeldey

March 8
Potluck
12pm-1pm
Theme:
"St. Patty's Day"

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

Silver Soul
Wednesdays: 10am-11am
Gymnasium

Silver Soul
Thursdays: 10am-11am
Gymnasium

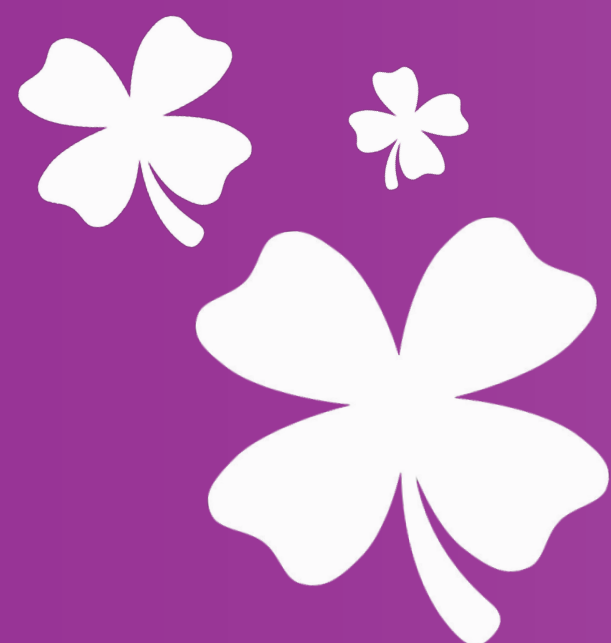
Water Fitness
Tues & Thur: 8:30am & 9:30am
Fridays: 8:30am-9:30am
Main Pool

Aqua Tone
Wednesdays: 11am-11:45am
Therapy Pool

Aqua Zumba
Wednesdays: 6pm-7pm
Therapy Pool

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.



MAR 2024