



ACTIVE OLDER ADULTS

SCHEDULE

MON	TUES	WED	THUR	FRI	GroupEx
		Journal Club 9am-10am Weekly in the Community Rooms	May 2 Book Club 9am-10am Book Discussion: "Wild" by Cheryl Strayed	Table Tennis 5pm-7pm Weekly in the Community Rooms	SilverSneakers Classic Monday & Tuesday Mon: 9am-10am & 10am-11am Tues: 10am-11am Gymnasium
		May 1 Meet us for Mahjong! 12pm-3pm		May 3 Educational Seminar 12pm-1pm Topic: "135 Hours of Wellness: Engage the Mind & Body" Presented by Tiffani Hinkeldey	Chair Yoga Tuesday & Friday Tue: 12pm-1pm Fri: 11am-12pm Exercise Studio
		Creative Corner 11am-3pm Weekly in the Community Rooms		May 10 Potluck 12pm-1pm Theme: "Decades for Dollars"	Balance & Motion Wednesdays: 11am-12pm Exercise Studio
		Table Tennis 5pm-7pm Weekly in the Community Rooms			Silver Soul Wed & Thur: 10am-11am Gymnasium
					Zumba Gold Thursdays: 9am-10am Gymnasium
					Water Fitness Mon & Wed: 5:30pm-6:30pm 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.

