



ACTIVE OLDER ADULTS

M A Y 2 0 2 5

| MON | TUES | WED | THUR | FRI |
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GROUP EXERCISE

SilverSneakers Classic
Monday & Tuesday
 Mon: 9am-10am & 10am-11am
 Tues: 10am-11am
 Gymnasium

Balance & Motion
Wednesdays: 11am-12pm
 Exercise Studio

Zumba Gold
Thursdays: 10am-11am
 Gymnasium

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

Chair Yoga
Tuesday & Friday
 Tue: 12pm-1pm
 Fri: 11am-12pm
 Exercise Studio

Silver Soul
Wednesdays: 10am-11am
 Gymnasium

Water Fitness
 Mondays: 6pm-7pm
 Tues & Thur: 8am & 9am
 Fridays: 8am-9am
 Main Pool

Aqua Zumba
Wednesdays: 6pm-7pm
 Therapy Pool

Y-Tour
Tuesdays
9am-9:45am
 All Members Welcome!
 Meet at the front desk

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

**Meet us for
 Mahjong!**
12pm-3pm

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

*Needle Felting lesson May 7th
 12:00-1:30, supplies provided

Equipment Orientation
4:30pm
 All Members Welcome!
 Meet at the front desk

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

May 1
Book Club
9am-10am
 Discussion:
 "Not The Killing Kind"
 by Maria Kelson

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

May 2
Educational Seminar
12pm-1pm

Topic: "Healthy Living For Your
 Brain and Body"
 Presented by: Steve Lente,
 Alzheimer's Association

May 9
Potluck
12pm-1pm

Theme:
 "The Last Rodeo Movie Red Carpet Premiere
 Party" Dress in your cowboy best!

Visit puebloymca.org/aoa and click on the "Social Events" to learn more about all AOA social programs or contact Cheri Ward at 719-543-5151 x 322 or email cward@puebloymca.org

Please note: GroupEx classes are only for YMCA members. All other events are FREE to the public.