

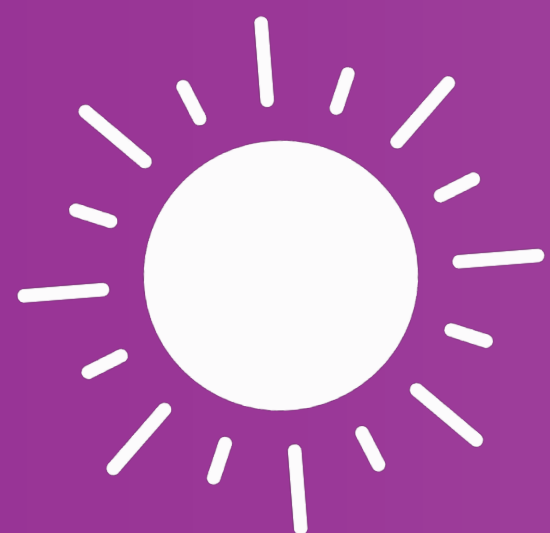


ACTIVE OLDER ADULTS SCHEDULE

| 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 10am-11am Gymnasium SilverSneakers Chair Yoga Monday & Friday 11am-12pm Exercise Studio SilverSneakers Stability Wednesdays 11am-12pm Exercise Studio Silver Soul Wednesday & Thursday 10am-11am 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 |
| | | Creative Corner 11am-3pm Weekly in the Community Rooms | | SEPT 1 Educational Seminar 12pm-1pm Topic: "Become A Better You: Learn About THRIVE!" | |
| | | Table Tennis 5pm-7pm Weekly in the Community Rooms | | SEPT 8 Potluck 12pm-1pm Theme: "It's a Western Round-Up" | |
| SEPT 25 Book Club 9am-10am "Atonement" by Ian McEwan | | | | SEPT 15 Game Day 12pm-1pm Game: "All a Board... It's a Yahtzee Party!" | |

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.



SEPT 2023