

July 2019

Senior Activities



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Rev. 6.29.19

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Aqua Fitness LP 9:30-10:15a Silver Sneakers GX 11:15-12p Pickle Ball VN 1:00- 3:00p	2 Walking Club 9am Aqua Fitness LP 9:30-10:15a Silver Sneakers GX 11:15-12p	3 Aqua Stretch WWP 9:30a Silver Sneakers GX 11:15-12p	4 Independence Day! YMCA Closed	5 Aqua Fitness LP 9:30-10:15a Silver Sneakers GX 11:15-12p Coffee & Conversation LB	6 Aqua Zumba LP 8:00-8:45a
7 Aqua Zumba LP 10-10:45a	8 Aqua Fitness LP 9:30-10:15a Silver Sneakers GX 11:15-12p Pickle Ball VN 1:00- 3:00p	9 Walking Club 9am Aqua Fitness LP 9:30-10:15a Silver Sneakers GX 11:15-12p	10 Aqua Stretch WWP 9:30a Silver Sneakers GX 11:15-12p	11 Aqua Fitness LP 9:30-10:15a Chair Yoga GX 11:15-12p Pickleball VN1:00-3:00p	12 Aqua Fitness LP 9:30-10:15a Silver Sneakers GX 11:15-12p Coffee & Conversation LB	13 Aqua Zumba LP 8:00-8:45a
14 Aqua Zumba LP 10-10:45a	15 Aqua Fitness LP 9:30-10:15a Silver Sneakers GX 11:15-12p Pickle Ball VN 1:00- 3:00p	16 Walking Club 9am Aqua Fitness LP 9:30-10:15a Silver Sneakers GX 11:15-12p	17 Aqua Stretch WWP 9:30a Silver Sneakers GX 11:15-12p Elder Law 10 - 11am	18 Aqua Fitness LP 9:30-10:15a Chair Yoga GX 11:15-12p Pickleball VN 1:00-3:00p ECHN Vertigo 12:30p	19 Aqua Fitness LP 9:30-10:15a Silver Sneakers GX 11:15-12p Coffee & Conversation LB	20 Aqua Zumba LP 8:00-8:45a
21 Aqua Zumba LP 10-10:45a	22 Aqua Fitness LP 9:30-10:15a Silver Sneakers GX 11:15-12p Pickle Ball VN 1:00- 3:00p	23 Walking Club 9am Aqua Fitness LP 9:30-10:15a Silver Sneakers GX 11:15-12p	24 Aqua Stretch WWP 9:30a Silver Sneakers GX 11:15-12p	25 Aqua Fitness LP 9:30-10:15a Chair Yoga GX 11:15-12p Pickleball VN 1:00-3:00p	26 Aqua Fitness LP 9:30-10:15a Silver Sneakers GX 11:15-12p Coffee & Conversation LB	27 Aqua Zumba LP 8:00-8:45a
28 Aqua Zumba LP 10-10:45a	29 Aqua Fitness LP 9:30-10:15a Silver Sneakers GX 11:15-12p Pickle Ball VN 1:00- 3:00p	30 Walking Club 9am Aqua Fitness LP 9:30-10:15a Silver Sneakers GX 11:15-12p	31 Aqua Stretch WWP 9:30a Silver Sneakers GX 11:15-12p			

UPCOMING EVENTS

BOOK CLUB WILL BE RETURNING IN THE FALL!

ENJOY YOUR SUMMER!

***WATCH OUT FOR* THESE CLUBS THIS FALL**

**CRAFTING CLUB
MUSIC APPRECIATION**

CONTACT MAGGIE GRIFFIN FOR MORE QUESTIONS

MAGGIE.GRIFFIN@GHYMCA.ORG

- LP - Lap Pool
- GX - Group Exercise
- LB - Lobby
- CW - Childwatch
- VN - Vernon Center