

September 2019

Senior Activities



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Rev. 8.29.19

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Aqua Zumba LP 10-10:45a	2 HAPPY LABOR DAY!	3 Aqua Stretch WWP 8:15/930 Walking Club 9am Book Club 11am Silver Sneakers GX 11:15-12p Senior Boxing GX 12:15p ECHN SAIL 2pm	4 Aqua Fitness LP 9:30a Silver Sneakers GX 11:15-12p	5 Aqua Fitness LP 9:30-10:15a Chair Yoga GX 11:15-12p Pickleball VN 1:00-3:00p	6 Aqua Fitness LP 9:30-10:15a Silver Sneakers GX 11:15-12p Coffee & Conversation LB	7 Aqua Zumba LP 8:00-8:45a
8 Aqua Zumba LP 10-10:45a	9 Silver Sneakers GX 8-8:45a Aqua Fitness LP 9:30-10:15a Silver Sneakers GX 11:15-12p Pickle Ball VN 1:00- 3:00p	10 Aqua Stretch WWP 8:15/930 Walking Club 9am Book Club 11am Silver Sneakers GX 11:15-12p Senior Boxing GX 12:15p ECHN SAIL 2pm	11 Aqua Fitness LP 9:30a Silver Sneakers GX 11:15-12p	12 Aqua Fitness LP 9:30-10:15a Chair Yoga GX 11:15-12p Pickleball VN 1:00-3:00p ECHN SAIL 2pm	13 Aqua Fitness LP 9:30-10:15a Silver Sneakers GX 11:15-12p Coffee & Conversation LB	14 Aqua Zumba LP 8:00-8:45a
15 Aqua Zumba LP 10-10:45a	16 Silver Sneakers GX 8-8:45a Aqua Fitness LP 9:30-10:15a Silver Sneakers GX 11:15-12p Pickle Ball VN 1:00- 3:00p	17 Aqua Stretch WWP 8:15/930 Walking Club 9am Silver Sneakers GX 11:15-12p Senior Boxing GX 12:15p ECHN SAIL 2pm	18 Aqua Fitness LP 9:30a Silver Sneakers GX 11:15-12p	19 Aqua Fitness LP 9:30-10:15a Chair Yoga GX 11:15-12p Pickleball VN 1:00-3:00p ECHN SAIL 2pm	20 Aqua Fitness LP 9:30-10:15a Coffee & Conversation LB	21 Aqua Zumba LP 8:00-8:45a
22 Aqua Zumba LP 10-10:45a	23 Silver Sneakers GX 8-8:45a Aqua Fitness LP 9:30-10:15a Silver Sneakers GX 11:15-12p Pickle Ball VN 1:00- 3:00p	24 Aqua Stretch WWP 8:15/930 Walking Club 9am Falls & Prevention 10a Silver Sneakers GX 11:15-12p Senior Boxing GX 12:15p ECHN SAIL 2pm	25 Aqua Fitness LP 9:30a Silver Sneakers GX 11:15-12p	26 Aqua Fitness LP 9:30-10:15a Chair Yoga GX 11:15-12p Pickleball VN 1:00-3:00p ECHN SAIL 2pm	27 Aqua Fitness LP 9:30-10:15a Silver Sneakers GX 11:15-12p Coffee & Conversation LB	28 Aqua Zumba LP 8:00-8:45a
29 Aqua Zumba LP 10-10:45a	30 Silver Sneakers GX 8-8:45a Silver Sneakers GX 11:15-12p Pickle Ball VN 1:00- 3:00p Flu Clinic 10 - 1pm					

UPCOMING EVENTS

ELDER LAW

OCTOBER 18

FLU CLINIC

OCTOBER 21

HALLOWEEN AT THE Y

OCTOBER 26

5-7PM

PNEUMONIA CLINIC

NOVEMBER 18

VENDOR FAIR

NOVEMBER 23

DO YOU ENJOY MUSIC?
CONTACT ADAM RHAN ABOUT

"MUSIC APPRECIATION"

ADAM.RHAN@GHYMCA.ORG

CONTACT MAGGIE GRIFFIN FOR MORE QUESTIONS

MAGGIE.GRIFFIN@GHYMCA.ORG

LP - Lap Pool

GX - Group Exercise

LB - Lobby

CW - Childwatch

VN - Vernon Center