

December

MON	TUE	WED	THU	FRI
2 8:15am-Senior Aqua	3 10:00am—Silver Sneakers	4 10:00am—Aqua Fit	5 10:00am—Silver Sneakers	6 10:00am-Cards/Board games
9 8:15am-Senior Aqua	10 10:00am—Silver Sneakers	11 10:00am—Aqua Fit 8:00am-Coffee and Conversation	12 10:00am—Silver Sneakers	13 10:00am-Cards/Board games
16 8:15am-Senior Aqua	17 10:00am—Silver Sneakers	18 10:00am—Aqua Fit 1pm—Y—101 (learn about your membership)	19 10:00am—Silver Sneakers	20 10:00am-Cards/Board games
23 8:15am-Senior Aqua	24 10:00am—Silver Sneakers Open 5:00am-12:00pm	25 Closed	26 10:00am—Silver Sneakers	27 10:00am-Cards/Board games
30 8:15am-Senior Aqua	31 10:00am—Silver Sneakers Open 5:00am-12:00pm			Green—Senior social Black—Senior Fitness Blue—Learn about the Y Red—Schedule subject to change



Date TBD

**SEMINAR
PRESENTED
BY**

