

February 2020

Mon	Tue	Wed	Thu	Fri
3 8:00 Water Fitness 10:15 SS Cardio 12:00 Splash 11:30-2:30 Pickleball	4 9:00 Water Fitness 10:45 Zumba Gold 12:00 Gentle Joints	5 8:00 Water Fitness 10:15 SS BOOM 12:00 Splash 11:30-2:30 Pickleball	6 9:00 Water Fitness 10:15 SS Strength & Balance 10:30 Chair Yoga 12:00 Gentle Joints	7 8:00 Water Fitness 10:15 SS Cardio 12:00 Splash 11:30-2:30 Pickleball
10 8:00 Water Fitness 10:15 SS Cardio 12:00 Splash 11:30-2:30 Pickleball	11 9:00 Water Fitness 10:45 Zumba Gold 12:00 Gentle Joints	12 8:00 Water Fitness 10:15 SS BOOM 12:00 Splash 11:30-2:30 Pickleball	13 9:00 Water Fitness 10:15 SS Strength & Balance 10:30 Chair Yoga 12:00 Gentle Joints	14 8:00 Water Fitness 10:15 SS Cardio 12:00 Splash 11:30-2:30 Pickleball
17 8:00 Water Fitness 10:15 SS Cardio 12:00 Splash 11:30-2:30 Pickleball	18 9:00 Water Fitness 10:45 Zumba Gold 12:00 Gentle Joints	19 8:00 Water Fitness 10:15 SS BOOM 12:00 Splash 11:30-2:30 Pickleball	20 9:00 Water Fitness 10:15 SS Strength & Balance 10:30 Chair Yoga 12:00 Gentle Joints	21 8:00 Water Fitness 10:15 SS Cardio 12:00 Splash 11:30-2:30 Pickleball
24 8:00 Water Fitness 10:15 SS Cardio 12:00 Splash 11:30-2:30 Pickleball	25 9:00 Water Fitness 10:45 Zumba Gold 12:00 Gentle Joints	26 8:00 Water Fitness 10:15 SS BOOM 12:00 Splash 11:30-2:30 Pickleball	27 9:00 Water Fitness 10:15 SS Strength & Balance 10:30 Chair Yoga 12:00 Gentle Joints 11:30-2:30 Pickleball	28 8:00 Water Fitness 10:15 SS Cardio 12:00 Splash 11:30-2:30 Pickleball
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Senior Resources—Make an appointment to learn more about your Medicare Savings Program. The fourth Thursday of every month. Register at the front desk.

Book Club Cancer Support Group

Hale YMCA Youth & Family Center
 9 Technology Park Dr., Putnam CT

860-315-9622
 Monday-Thursday 5am-9pm
 Friday 5am-8pm
 Saturday 7am-6pm
 Sunday 7am-6pm