

January 2020

Senior Activities



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Rev. 1.3.20

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Aqua Fitness LP 9:30a Silver Sneakers GX 11:15-12p	2 Aqua Fitness LP 9:30-10:15a Silver Sneaker 8 - 8:45a Chair Yoga GX 11:15-12p Line Dancing 12:15-1:15 Pickleball VN1:00-3:00p	3 Aqua Fitness LP 9:30-10:15a Silver Sneakers GX 11:15-12p Coffee & Conversation LB	4 Aqua Zumba LP 8:00-8:45a Farmers Market 2-4pm
5 Aqua Zumba LP 10-10:45a	6 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	7 Aqua Stretch WWP 8:15/930 Walking Club 9am Silver Sneakers GX 11:15-12p Senior Boxing GX 12:15p	8 Aqua Fitness LP 9:30a Silver Sneakers GX 11:15-12p	9 Aqua Fitness LP 9:30-10:15a Silver Sneaker 8 - 8:45a Chair Yoga GX 11:15-12p Line Dancing 12:15-1:15 Pickleball VN1:00-3:00p	10 Aqua Fitness LP 9:30-10:15a Silver Sneakers GX 11:15-12p Coffee & Conversation LB	11 Aqua Zumba LP 8:00-8:45a
12 Aqua Zumba LP 9:15-10a	13 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	14 Aqua Stretch WWP 8:15/930 Walking Club 9am Silver Sneakers GX 11:15-12p Senior Boxing GX 12:15p	15 Aqua Fitness LP 9:30a Silver Sneakers GX 11:15-12p	16 Aqua Fitness LP 9:30-10:15a Silver Sneaker 8 - 8:45a Chair Yoga GX 11:15-12p Line Dancing 12:15-1:15 Pickleball VN1:00-3:00p	17 Aqua Fitness LP 9:30-10:15a Coffee & Conversation LB	18 Aqua Zumba LP 8:00-8:45a Farmers Market 2-4pm
19 Aqua Zumba LP 9:15-10a	20 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	21 Aqua Stretch WWP 8:15/930 Walking Club 9am Silver Sneakers GX 11:15-12p Senior Boxing GX 12:15p	22 Aqua Fitness LP 9:30a Silver Sneakers GX 11:15-12p Pizza & Bingo 12:15	23 Aqua Fitness LP 9:30-10:15a Silver Sneaker 8 - 8:45a Chair Yoga GX 11:15-12p Line Dancing 12:15-1:15 Pickleball VN1:00-3:00p	24 Aqua Fitness LP 9:30-10:15a Silver Sneakers GX 11:15-12p Coffee & Conversation LB	25 Aqua Zumba LP 8:00-8:45a
26 Aqua Zumba LP 9:15-10a	27 Silver Sneakers GX 8-8:45a Silver Sneakers GX 11:15-12p Pickle Ball VN 1:00- 3:00p	28 Aqua Stretch WWP 8:15/930 Walking Club 9am Silver Sneakers GX 11:15-12p Senior Boxing GX 12:15p	29 Aqua Fitness LP 9:30a Silver Sneakers GX 11:15-12p	30 Aqua Fitness LP 9:30-10:15a Silver Sneaker 8 - 8:45a Chair Yoga GX 11:15-12p Line Dancing 12:15-1:15 Pickleball VN1:00-3:00p	31 Aqua Fitness LP 9:30-10:15a Silver Sneakers GX 11:15-12p Coffee & Conversation LB	

UPCOMING EVENTS

FARMERS MARKET

JANUARY 4TH
JANUARY 18TH

PIZZA & BINGO

JANUARY 22 12:15

SWEETHEART DANCE

FEBRUARY 8TH 2PM

WE ARE LOOKING FOR MORE PEOPLE INTERESTED IN BOOK CLUB! IF YOU HAVE ANY DESIRE PLEASE EMAIL MAGGIE GRIFFIN!

CONTACT MAGGIE GRIFFIN FOR MORE QUESTIONS
MAGGIE.GRIFFIN@GHYMCA.ORG

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