

March 2020

Senior Activities



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Rev. 2.25.20

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Aqua Zumba LP 9:15-10a	2 Silver Sneakers GX 8-8:45a Aqua Fitness LP 9:30-10:15a Silver Sneakers GX 11:15-12p Silver Sneakers Boom 11:15 Pickle Ball VN 1:00- 3:00p	3 Aqua Stretch WWP 8:15/930 Walking Club 9am Silver Sneakers GX 11:15-12p Beginner Boxing GX 12:15p	4 Silver Sneakers 8:45am Aqua Fitness LP 9:30a Silver Sneakers GX 11:15-12p	5 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	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 9:15-10a	9 Silver Sneakers GX 8-8:45a Aqua Fitness LP 9:30-10:15a Silver Sneakers GX 11:15-12p Silver Sneakers Boom 11:15 Pickle Ball VN 1:00- 3:00p	10 Aqua Stretch WWP 8:15/930 Walking Club 9am Silver Sneakers GX 11:15-12p Beginner Boxing GX 12:15p	11 Silver Sneakers 8:45am Aqua Fitness LP 9:30a Silver Sneakers GX 11:15-12p	12 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	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 9:15-10a	16 Silver Sneakers GX 8-8:45a Aqua Fitness LP 9:30-10:15a Silver Sneakers GX 11:15-12p Silver Sneakers Boom 11:15 Pickle Ball VN 1:00- 3:00p	17 ST. PATRICKS DAY! Aqua Stretch WWP 8:15/930 Walking Club 9am Silver Sneakers GX 11:15-12p Beginner Boxing GX 12:15p	18 Silver Sneakers 8:45am Aqua Fitness LP 9:30a Silver Sneakers GX 11:15-12p	19 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	20 Aqua Fitness LP 9:30-10:15a Coffee & Conversation LB	21 Aqua Zumba LP 8:00-8:45a
22 Aqua Zumba LP 9:15-10a	23 Silver Sneakers GX 8-8:45a Aqua Fitness LP 9:30-10:15a Silver Sneakers GX 11:15-12p Silver Sneakers Boom 11:15 Pickle Ball VN 1:00- 3:00p	24 Aqua Stretch WWP 8:15/930 Walking Club 9am Silver Sneakers GX 11:15-12p Beginner Boxing GX 12:15p	25 Silver Sneakers 8:45am Aqua Fitness LP 9:30a Silver Sneakers GX 11:15-12p	26 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	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 9:15-10a	30 Silver Sneakers GX 8-8:45a Aqua Fitness LP 9:30-10:15a Silver Sneakers GX 11:15-12p Silver Sneakers Boom 11:15 Pickle Ball VN 1:00- 3:00p	31 Aqua Stretch WWP 8:15/930 Walking Club 9am Silver Sneakers GX 11:15-12p Beginner Boxing GX 12:15p				

UPCOMING EVENTS

MULTICULTURAL NIGHT

MARCH 14 AT 5PM

HAPPY ST. PATRICKS DAY

MARCH 17

EASTER EGG HUNT

APRIL 4 AT 1PM

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