

SUMMER SIZZLES AT YOUR Y!

ACTIVE OLDER ADULT WEEK! AUGUST 20-24

For those 55+

* try us out for free!

* for a week!

* select from 80 classes!

* bring a friend!

Mon	Tues	Wed	Thurs	Fri
Aquatics Day!	Outdoor Activity Day!	Group Exercise Day!	Game Day!	Wellness Day!
Revel in Swimming in 1 of 2 full-sized pools Deep Water Exercise: 9am Water Fitness: 6:45pm The whirl-pool and sauna <i>And More!</i>	Meet like-minded people who relish Walking: 9am Hiking: 9am Biking: 9am Gardening: 10:30am Croquet: Noon <i>And More!</i>	Select from Yoga/Pilates: 8am Water Fitness: 9am Cycling: 10:30am Silver Strength: 10:30am Beginner Yoga 10:30am <i>And More!</i>	Enjoy Pickle ball Racquetball Squash Basketball Gymnastics Scaling the Climbing Wall: 10am <i>And More!</i>	All day Meet your Y's staff Tour your Y Meet community wellness providers Take part in free fitness screenings

