

SUMMER SIZZLES AT YOUR Y!

ACTIVE OLDER ADULT WEEK!

AUGUST 20-24



MONDAY: Aquatics Day!

Swim in 1 of the 2 full-sized pools

Deep Water Exercise: 9am

Water Fitness: 6:45pm

Enjoy the whirlpool and sauna

And More!

TUESDAY: Outdoor Activity Day!

Meet like-minded people who relish

Walking: 9am

Hiking: 9am

Biking: 9am

Gardening: 10:30am

Croquet: Noon

And More!

WEDNESDAY: Group Exercise Day!

Select from

Yoga/Pilates: 8am

Water Fitness: 9am

Cycling: 10:30am

Silver Strength: 10:30am

Beginner Yoga 10:30am

And More!

THURSDAY: Outdoor Activity Day!

Enjoy

Pickle ball

Racquetball

Squash

Basketball

Gymnastics

Scaling the Climbing Wall: 10am *And More!*

FRIDAY: Wellness Day!

All day:

Meet your Y's staff

Tour your Y

Meet community wellness providers Take part in free fitness screenings

For those 55+

- try us out for free!
- for a week!
- select from 80 classes!
- bring a friend!