



Active Older Adult

January 2019

Northwest Family YMCA

FUN NEVER RETIRES AT THE Y

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Su	Mon	Tue	Wed	Thu	Fri	Sat
	<p>NEW 2nd Wednesday of every month Continental Breakfast in front lobby.</p>	<p><i>1</i> 9:00 Pickleball 11:30 Zumba Gold 1:00 Aqua Yoga</p>	<p><i>2</i> 9:00 Aqua Flex 10:15 Aqua Arthritis 1:00 Enrich Fitness 6:00 Vinyasa Yoga</p>	<p><i>3</i> 8:15 Active Movers 9:00 Pickleball 9:30 Mahjong Club 11:30 Zumba Gold Toning 11:30 Aqua Yoga 12:30 Mahjong Club</p>	<p><i>4</i> 8:00 Active Movers 9:00 Aqua Flex 9:00 Pickleball 10:15 Aqua Arthritis 1:00 Enrich Fitness</p>	<p><i>5</i></p>
<i>6</i>	<p><i>7</i> 8:15 Tabata Gold 9:00 Aqua Flex 10:15 Aqua Arthritis 10:30 Gentle Yoga 11:30 Aqua Fit 1:00 Enrich Fitness 1:00 Gentle Yoga</p>	<p><i>8</i> 9:00 Pickleball 11:30 Zumba Gold 1:00 Aqua Yoga</p>	<p><i>9</i> 9:00 Aqua Flex 9:15 Continental Breakfast 10:15 Aqua Arthritis 1:00 Enrich Fitness 6:00 Vinyasa Yoga</p>	<p><i>10</i> 8:15 Active Movers 9:00 Pickleball 9:30 Mahjong Club 11:30 Zumba Gold Toning 11:30 Aqua Yoga 12:30 Mahjong Club</p>	<p><i>11</i> 8:00 Active Movers 9:00 Aqua Flex 9:00 Pickleball 10:45 BINGO 10:15 Aqua Arthritis 1:00 Enrich Fitness</p>	<p><i>12</i></p>
<i>13</i>	<p><i>14</i> 8:15 Tabata Gold 9:00 Aqua Flex 10:15 Aqua Arthritis 10:30 Gentle Yoga 11:30 Aqua Fit 1:00 Enrich Fitness 1:00 Gentle Yoga</p>	<p><i>15</i> 9:00 Pickleball 11:30 Zumba Gold 1:00 Aqua Yoga 3:00 Book Club</p>	<p><i>16</i> 9:00 Aqua Flex 10:15 Aqua Arthritis 1:00 Enrich Fitness 6:00 Vinyasa Yoga</p>	<p><i>17</i> 8:15 Active Movers 9:00 Pickleball 9:30 Mahjong Club 11:30 Zumba Gold Toning 11:30 Aqua Yoga 12:30 Mahjong Club</p>	<p><i>18</i> 8:00 Active Movers 9:00 Aqua Flex 9:00 Pickleball 10:00 What is Pickleball? 10:15 Aqua Arthritis 1:00 Enrich Fitness</p>	<p><i>19</i></p>
<i>20</i>	<p><i>21</i> 8:15 Tabata Gold 9:00 Aqua Flex 10:15 Aqua Arthritis 10:30 Gentle Yoga 11:30 Aqua Fit 1:00 Enrich Fitness 1:00 Gentle Yoga</p>	<p><i>22</i> 9:00 Pickleball 11:30 Zumba Gold 1:00 Aqua Yoga</p>	<p><i>23</i> 9:00 Aqua Flex 10:15 Aqua Arthritis 1:00 Enrich Fitness 6:00 Vinyasa Yoga</p>	<p><i>24</i> 8:15 Active Movers 9:00 Pickleball 9:30 Mahjong Club 11:30 Zumba Gold Toning 11:30 Aqua Yoga 12:30 Mahjong Club</p>	<p><i>25</i> 8:00 Active Movers 9:00 Aqua Flex 9:00 Pickleball 10:15 Aqua Arthritis 1:00 Enrich Fitness</p>	<p><i>26</i></p>
<i>27</i>	<p><i>28</i> 8:15 Tabata Gold 9:00 Aqua Flex 10:15 Aqua Arthritis 10:30 Gentle Yoga 11:30 Aqua Fit 1:00 Enrich Fitness 1:00 Gentle Yoga</p>	<p><i>29</i> 9:00 Pickleball 11:30 Zumba Gold 1:00 Aqua Yoga</p>	<p><i>30</i> 9:00 Aqua Flex 10:15 Aqua Arthritis 1:00 Enrich Fitness 6:00 Vinyasa Yoga</p>	<p><i>31</i> 8:15 Active Movers 9:00 Pickleball 9:30 Mahjong Club 11:30 Zumba Gold Toning 11:30 Aqua Yoga 12:30 Mahjong Club</p>	<p>Book for January: "Storied Life of AJ Fikry" by Gabrielle Zevin. Copies Reserved at Baldwinsville Library under The YMCA. BINGO: Bring your lunch and stay after for social time with new friends!</p>	