

GET BALANCED LIVE HEALTHY STAY SENIOR SAVVY

Active Older Adults Day

Wednesday, May 31, 2023

CLASS	TIME	LOCATION
YOGA	9am-10am	Studio
PICKLEBALL (Inter)	10am-11:30am	Outdoor Court
YOGA	10:00am-10:30am	Studio
BODY FLOW	10:30am-11am	Studio
PICKLEBALL (Beg)	11:30am-1pm	Outdoor Court
HIIT Light	11am-11:30am	Studio
AQUA AEROBICS	11am-11:30am	Small Pool
CYCLE	11:30am-12:00pm	Spin Floor
BETTER BONES	12pm-12:30pm	Studio
BODY PUMP	12:30pm-1pm	Studio

Come Join us at the East Hampton YMCA RECenter for Active Older Adults Day on Wednesday, May 31st from 10am-1pm!



YMCA OF LONG ISLAND

Bay Shore

Holtsville

East Hampton

Huntington

Glen Cove

Patchogue

855-2YMCALI

YMCALI.org