

GET BALANCED LIVE HEALTHY STAY SENIOR SAVVY

Active Older Adults Day

Wednesday, May 31, 2023

TIME:

ACTIVITY:

LOCATION:

ALL DAY	FITNESS CENTER ORIENTATION	FITNESS CENTER
9AM-9:45AM	POWER WALKING CLASS	POOL
10:15AM-11:00AM	CHAIR FITNESS	LOFT 4TH FLOOR
10:30AM-11:15AM	TAI CHI	STUDIO 2ND FLOOR
11:20AM-12:00PM	MFBB (MOVING FOR BETTER BALANCE)	STUDIO 2ND FLOOR
10AM-1:00PM	ADULT OPEN SWIM	POOL
10:30AM-12:30PM	SENIORS VS Y STAFF IN VOLLEYBALL	½ GYM 2ND FLOOR
11:30AM-12:15PM	ZUMBA GOLD	LOFT 4TH FLOOR
11:00AM-2:00PM	INFORMATION FAIR:	½ GYM 2ND FLOOR
Come meet vendors,		
FREE Giveaways, FREE Health assessments and More!		
12:30PM- 2:00PM	LUNCH WILL BE SERVED	½ GYM 2ND FLOOR



YMCA OF LONG ISLAND

Bay Shore

Holtsville

East Hampton

Huntington

Glen Cove

Patchogue

855-2YMCALI

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