

GET BALANCED LIVE HEALTHY STAY SENIOR SAVVY

WEDNESDAY, MAY 29, 2024

ACTIVE OLDER ADULTS DAY

Fitness Classes, Social Opportunities, How To's, Partner Organizations,
Health Screenings, Giveaways, Food, and more!



YMCA of Long Island
Bay Shore • East Hampton • Patchogue
Glen Cove • Huntington

**VIEW SCHEDULE
OF ACTIVITIES!**



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YMCA at Glen Cove

ADULT OPEN SWIM:

6:00am - 7:45am | 4 Lap Lanes/2 Walk/Jog

9:00am - 1:00pm | 4 Lap Lanes/2 Walk/Jog

Classes:

8:00am - 8:45am | Pilates W/Julie

8:00am - 8:50am | Aqua Jog w/Jean Anne

*9:00am - 9:45am | Chair Yoga w/Julie

10:00am - 10:45am | ZUMBA w/Sheila

*11:00am - 11:45am | Strong Seniors w/Luz

***Registration is necessary for these classes**

Gymnasium:

10:00am - 1:00pm

Informational Fair:

Come meet Vendors/Organizations that offer services to
Seniors. Giveaways, Health Assessments and more!

Refreshments will be served!



YMCA at Glen Cove
125 Dosoris Lane
Glen Cove, NY 11542

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