

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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Great South Bay YMCA

- All Day- Fitness Center Orientation (Learn How to Use the Machines)-
Fitness Center (1st Floor)
- 8:15am-9:00am- Senior Body Pump- Loft (4th Floor)
- 9:15-10:00am- Senior Kick Boxing- Loft (4th Floor)
- 10:15am-11:00am- Chair Fitness Loft (4th Floor)
- 10:30am-11:15am- Tai Chi- Studio (2nd Floor)
- 10:00am-11:30am- Adult Open Swim (Limited Availability)-Pool (1st Floor)
- 11:30am-1:00pm- Adult Open Swim -Pool (1st Floor)
- 10:30am-12:30pm Seniors vs Staff in Volleyball- Half Gym (2nd Floor)
- 11:30am-12:15pm- Zumba Gold -Loft (4th Floor)
- 11:00am-2:00pm- Information Fair
- Come meet vendors/organizations that offer services to Seniors!
Giveaways, Health Assessments and more! Half Gym (2nd Floor)
- 12:30pm-2:00pm Lunch will be Served Half Gym (2nd Floor)



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

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OF ACTIVITIES!

