

WEDNESDAY, MAY 21, 2025

ACTIVE OLDER ADULTS DAY

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

YMCA EAST HAMPTON RECENTER

TIME:	ACTIVITY:
8:30am	Beginner Pickleball
8:45am	Body Pump
9:00am	TRX
9:00am	Water Aerobics
10:15am	Cycle
11:30am	HIIT Light



YMCA East Hampton RECenter
2 Gingerbread Lane
East Hampton, NY 11937

**VIEW SCHEDULE
OF ACTIVITIES!**
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