

WEDNESDAY, MAY 21, 2025

# ACTIVE OLDER ADULTS DAY

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

## GREAT SOUTH BAY YMCA

TIME:	ACTIVITY:	LOCATION:
ALL DAY	Fitness Center Orientation	Fitness Center 1st Floor
8:15am - 9:00am	Senior Body Pump	Loft 4th Floor
9:15am - 10:00am	Senior Kickboxing	Loft 4th Floor
10:15am - 11:00am	Chair Fitness	Loft 4th Floor
10:45am - 11:30am	Tai Chi	Studio 2nd Floor
11:30am - 1:00pm	Adult Open Swim	Pool 1st Floor
10:30am - 12:30pm	Seniors vs Y Staff in Volleyball	Half Gym 2nd Floor
11:30am - 12:15pm	Zumba Gold	Loft 4th Floor
12:30pm - 12:33pm	3 Min Plank Challenge w. Jerry Our 100 Year Old Goddess	Half Gym 2nd Floor
11:00am - 2:00pm	<b>Information Fair:</b> Come meet vendors/ organizations that offer services to Seniors!	Half Gym 2nd Floor
12:33pm - 2:00pm	Lunch Will Be Served	Half Gym 2nd Floor



**Great South Bay YMCA**  
200 W Main Street  
Bay Shore, NY 11706

**VIEW SCHEDULE  
OF ACTIVITIES!**  
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