

# GET BALANCED LIVE HEALTHY STAY SENIOR SAVVY

## ACTIVE OLDER ADULTS DAY

WEDNESDAY, MAY 20, 2026

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

TIME:	ACTIVITY:	LOCATION:
ALL DAY!	FITNESS CENTER ORIENTATION	FITNESS CENTER (1ST FLOOR)
8:15-9:00AM	SENIOR BODYPUMP	LOFT (4TH FLOOR)
9:15-10:00AM	SENIOR KICKBOXING	LOFT (4TH FLOOR)
10:15-11:00AM	CHAIR FITNESS	LOFT (4TH FLOOR)
10:45-11:30AM	TAI CHI	STUDIO (2ND FLOOR)
10:30AM-12:30PM	SENIORS VS Y STAFF IN VOLLEYBALL	HALF GYM (2ND FLOOR)
11:30AM-12:15PM	ZUMBA GOLD	LOFT (4TH FLOOR)
12:30-12:33PM	3 MINUTE PLANK CHALLENGE W. JERRY OUR 101 YEAR OLD GODDESS	HALF GYM (2ND FLOOR)
11:00AM-2:00PM	INFORMATION FAIR: Come meet Vendors/organizations that offer services to Seniors! Giveaways, Health Assessments & More	HALF GYM (2ND FLOOR)
12:33-2:00PM	LUNCH	HALF GYM (2ND FLOOR)



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