

YMCA OPEN HOUSE

NATIONAL SENIOR HEALTH & FITNESS DAY

WEDNESDAY, MAY 28, 2014

SCHEDULE OF EVENTS FOR ACTIVE OLDER ADULTS (AOA)

Time	Activity	Location
5 am to 11 am	Complimentary Coffee	Lobby
Fitness Classes -- Just Drop In:		
8:30 am to 9:30 am	AOA Cardio	Studio A
8:30 am to 9:30 am	AOA Fitness Yoga	Studio B
9 am to 9:45 am	Water Exercise	Lap Pool
10 am to 11 am	Studio Combo (Cardio & Strength)	Studio B
11 am to 11:30 am	Line Dancing	Studio A
11 am to 11:45 am	Arthritis Water Exercise	Pool
11:45 am to 12:30 pm	SilverSneakers® Circuit	Studio B
12:45 pm to 1:30 pm	AOA Fitness Yoga	Studio B
Complimentary Services - First Come/First Serve:		
9 am to 11 am	By Wellness @ Work: * Health Screenings, * Chair Massages, * Posture Checks, and * Gait Analysis Check	Community Room
9 am to Noon	By The Hearing Shoppe * Hearing Screenings	Conference Room
Lunch and Entertainment -- Pre-register at Member Services (Burnsville Y)		
11:30 am to 1 pm	Salad Smorgasbord Lunch with musical entertainment (old-time favorites and a sing-along) by Lyn Henderson, Moving With Music.	South Gym
Pickleball		
1:30 pm to 3:30 pm	Pickleball Open Gym	
Other:		
*	Pick up a Health & Fitness Trivia worksheet and complete it to earn a National Senior Health and Fitness T-Shirt (while supplies last).	
*	Any member who brings in a guest will receive 2 guest passes.	
*	Enter sweepstakes to win a Golf Umbrella.	

Questions: Contact Gabriela at 952-435-9019 or Gabriela.Kaiser@ymcatwincities.org.

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