



# ACTIVE AGING WEEK

SEPTEMBER 22-26



## 20th Ave Y Activities

<b>Monday</b>		
5:00 am – 2:00 pm	Open Indoor Walking	Walking Track – Gym
7:00 am – 2:00 pm	Open Pickleball	East Half of Gym
9:00-9:45 am	ForeverWell Strength	SMB Room
9:05 – 9:50 am	Water Fitness	Lap Pool
10:00 – 11:00 am	Fall Prevention Workshop*	MPR 1
10:00 – 10:45 am	ForeverWell Strength	SMB Room
10:00 – 10:45 am	Arthritis Aquatics	Lazy River/Slide – Pool
<b>Tuesday</b>		
5:00 am – 2:00 pm	Open Indoor Walking	Walking Track – Gym
7:00 am – 2:00 pm	Open Pickleball	East Half of Gym
8:05 – 8:50 am	Deep Water Fitness	Lap Pool
9:05 – 9:50 am	Water Fitness	Lap Pool
9:15 – 10:00 am	Zumba Gold	Aerobics Room
10:15 – 11:00 am	ForeverWell Yoga	SMB Room
11:15 am – Noon	ForeverWell Yoga	SMB Room
12:15 – 1:00 pm	ForeverWell Tai Chi	Aerobics Room
12:15 – 1:00 pm	ForeverWell TRX*	SMB Room – Register at desk
<b>Wednesday</b>		
5:00 am – 2:00 pm	Open Indoor Walking	Walking Track – Gym
7:00 am – 2:00 pm	Open Pickleball	East Half of Gym
8:00 – 8:45 am	ForeverWell TRX*	SMB Room – Register at desk
8:15 – 9:00 am	Aqua Yoga	Lap Pool
9:00 – 11:30 am	Community Resource Fair	Ice Arena Lobby
9:00 – 9:45 am	ForeverWell Circuit	SMB Room
9:05 – 9:50 am	Water Fitness	Lap Pool
10:00 – 10:45 am	Arthritis Aquatics	Lazy River/Slide
10:15 – 11:00 am	Drums Alive Golden Beats	Aerobics Room
10:30 – 11:15 am	ForeverWell Cycle*	Training Studio – Register at desk
10:30 am – Noon	Chair Volleyball	Court 3 (Gym)
Noon – 1:00 pm	Science of Stretch	SMB Room
<b>Thursday</b>		
5:00 am – 2:00 pm	Open Indoor Walking	Walking Track – Gym
7:00 am – 2:00 pm	Open Pickleball	East Half of Gym
9:05 – 9:50 am	Water Fitness	Lap Pool
9:15 – 10:00 am	Zumba Gold	Aerobics Studio
10:15 – 11:00 am	ForeverWell Yoga	SMB Room
11:15 am – Noon	ForeverWell Pilates	SMB Room
12:15 – 1:00 pm	ForeverWell Tai Chi	SMB Room
<b>Friday</b>		
5:00 am – 2:00 pm	Open Indoor Walking	Walking Track – Gym
7:00 am – 12:00 pm	Open Pickleball	East Half of Gym
9:00 – 9:45 am	SilverSneakers Classis	SMB Room
9:05 – 9:50 am	Water Fitness	Lap Pool
10:00 – 10:45 am	Arthritis Aquatics	Lazy River/Slide



# ACTIVE AGING WEEK

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## Downtown Y Activities

Monday		
5:00 am – 2:00 pm	Open Indoor Walking	Walking Track – level 2
8:00 – 11:00 am	Open Pickleball	Gym
9:00 – 9:45 am	ForeverWell Pilates	Studio 3
9:00 – 9:45 am	ForeverWell Cycling	Studio 1
10:00 – 10:45 am	ForeverWell Yoga	Studio 4
10:05 – 10:50 am	ForeverWell Water Exercise	Lap Area – Pool
11:00 – 11:45 am	Arthritis Aquatics	Family Area – Pool
12:10 – 12:55 pm	Aqua Zumba	Family Pool
Tuesday		
5:00 am – 2:00 pm	Open Indoor Walking	Walking Track – level 2
7:00 – 10:00 am	Open Pickleball	Gym
8:05 – 8:50 am	Power Current	Family Area – Pool
9:05 – 9:50 am	Water Fit	Lap Area – Pool
9:15 – 10:00 am	Urban Pole Walking*	Studio 3
10:05 – 10:55 am	Strength & Stretch	Lap Area – Pool
10:15 – 11:00 am	ForeverWell Strength	Studio 4
11:15 am – Noon	Science of Stretch	Studio 1
1:30 – 2:30 pm	History Walk	Meet in Lobby <i>(Note change)</i>
Wednesday		
5:00 am – 2:00 pm	Open Indoor Walking	Walking Track – level 2
8:00 – 11:00 am	Open Pickleball	Gym
9:00 – 9:45 am	ForeverWell Circuit	Studio 4
10:00 – 10:30 am	ForeverWell Strength	Studio 4
10:05 – 10:50 am	Senior Water Fit	Lap Area – Pool
10:45 – 11:30 am	ForeverWell Pilates	Studio 4
11:00 – 11:45 am	Arthritis Aquatics	Family Area – Pool
12:10 – 12:50 pm	Strength & Stretch	Family Area – Pool
1:00 – 3:00 pm	Craft Club	Teaching Kitchen
Thursday		
5:00 am – 2:00 pm	Open Indoor Walking	Walking Track – level 2
7:00 – 10:00 am	Open Pickleball	Gym
8:05 – 8:50 am	Power Current	Family Area – Pool
8:30 – 9:30 am	ForeverWell TRX*	Studio 2
9:05 – 9:50 am	Water Fit	Lap Area – Pool
10:05 – 10:50 am	ForeverWell Water Fit	Lap Area – Pool
10:15 – 11:00 am	Drums Alive Golden Beats	Studio 4
11:15 am – Noon	Science of Stretch	Studio 1
12-1:30 pm	Lunch & Learn	MPR – Lower Level
Friday		
5:00 am – 2:00 pm	Open Indoor Walking	Walking Track – level 2
8:00 – 11:00 am	Open Pickleball	Gym
9:00 – 9:45 am	ForeverWell Circuit	Studio 4
9:05 – 9:50 am	Deep Water Fit	Lap Area – Pool
10:00 – 10:45 am	ForeverWell Yoga	Studio 4
10:05 – 10:50 am	ForeverWell Water Exercise	Lap Area – Pool