

ACTIVE OLDER ADULTS

September 2025

YMCA OF STEUBEN COUNTY

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|--|---|---|
| 1 | 2 | 3 | 4 | 5 |
| YMCA CLOSED Labor Day | Water Aerobics Pool 9:30 AM | Water Aerobics Pool 8 AM & 9:30 AM | Water Aerobics Pool 9:30 AM | Water Aerobics Pool 8 AM & 9:30 AM |
| | Silver Sneakers - Cardio Fitness Room 10 AM | Silver Sneakers - Strength Fitness Room 10 AM & 11 AM | Silver Sneakers - Cardio Fitness Room 10 AM | Silver Sneakers - Strength Fitness Room 10 AM & 11 AM |
| | | Water Walking Pool 11 AM - 12 PM | | Water Walking Pool 11 AM - 12 PM |
| | | Lunch N Learn Greg Giant RPH Room 2 - 12 PM | | BINGO Cameron Woods 1 PM |
| 8 | 9 | 10 | 11 | 12 |
| Water Aerobics Pool 8 AM & 9:30 AM | Water Aerobics Pool 9:30 AM | Water Aerobics Pool 8 AM & 9:30 AM | Water Aerobics Pool 9:30 AM | Water Aerobics Pool 8 AM & 9:30 AM |
| Silver Sneakers - Strength Fitness Room 10 AM & 11 AM | Silver Sneakers - Cardio Fitness Room 10 AM | Silver Sneakers - Strength Fitness Room 10 AM & 11 AM | Silver Sneakers - Cardio Fitness Room 10 AM | Silver Sneakers - Strength Fitness Room 10 AM & 11 AM |
| Water Walking Pool 11 AM - 12 PM | | Water Walking Pool 11 AM - 12 PM | | Water Walking Pool 11 AM - 12 PM |
| Chair Yoga Room 2 12PM | | Lunch N Learn Senior 1 Care Room 2 - 12 PM | | |
| 15 | 16 | 17 | 18 | 19 |
| Water Aerobics Pool 8 AM & 9:30 AM | Water Aerobics Pool 9:30 AM | Water Aerobics Pool 8 AM & 9:30 AM | Water Aerobics Pool 9:30 AM | Water Aerobics Pool 8 AM & 9:30 AM |
| Silver Sneakers - Strength Fitness Room 10 AM & 11 AM | Silver Sneakers - Cardio Fitness Room 10 AM | Silver Sneakers - Strength Fitness Room 10 AM & 11 AM | Silver Sneakers - Cardio Fitness Room 10 AM | Silver Sneakers - Strength Fitness Room 10 AM & 11 AM |
| Water Walking Pool 11 AM - 12 PM | | Water Walking Pool 11 AM - 12 PM | Northern Lakes Movie 1 PM The Brokaw | Water Walking Pool 11 AM - 12 PM |
| Chair Yoga Room 2 12:00 PM | | | | BINGO Cameron Woods 1 PM |
| 22 | 23 | 24 | 25 | 26 |
| Water Aerobics Pool 8 AM & 9:30 AM | Water Aerobics Pool 9:30 AM | Water Aerobics Pool 8 AM & 9:30 AM | Water Aerobics Pool 9:30 AM | Water Aerobics Pool 8 AM & 9:30 AM |
| Silver Sneakers - Strength Fitness Room 10 AM & 11 AM | Silver Sneakers - Cardio Fitness Room 10 AM | Silver Sneakers - Strength Fitness Room 10 AM & 11 AM | Silver Sneakers - Cardio Fitness Room 10 AM | Silver Sneakers - Strength Fitness Room 10 AM & 11 AM |
| Water Walking Pool 11 AM - 12 PM | | Water Walking Pool 11 AM - 12 PM | BINGO YMCA - Room 2 11 AM - 12 PM | Water Walking Pool 11 AM - 12 PM |
| | | Lunch N Learn Northern Lakes Room 2 - 12 PM | | Caregiver Support Group YMCA - Room 2 12 PM |
| 29 | 30 | | | |
| Water Aerobics Pool 8 AM & 9:30 AM | Water Aerobics Pool 9:30 AM | <div> <div>Water Aerobics</div> <div>Silver Sneakers - Strength</div> <div>Silver Sneakers - Cardio</div> <div>Water Walking</div> <div>Chair Yoga</div> <div>Lunch N Learn</div> <div>Bingo</div> <div>Community</div> </div> | | |
| Silver Sneakers - Strength Fitness Room 10 AM & 11 AM | Silver Sneakers - Cardio Fitness Room 10 AM | | | |
| Water Walking Pool 11 AM - 12 PM | | | | |
| Chair Yoga Room 2 12:00 PM | | | | |



ACTIVE OLDER ADULTS

(Subject to Change - Reference Monthly Calendar Online & at the Front Desk)

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Weekly Schedule

| Day | Time | Activity | Location |
|------------------|----------------|--|----------------|
| Monday | 8 AM & 9:30 AM | Water Aerobics | Lap Pool |
| | 10 AM & 11 AM | Silver Sneakers (Strength) | Fitness Room |
| | 11 AM | Water Walking | Lap Pool |
| | 12 PM | Chair Yoga | Room 2 |
| Tuesday | 9:30 AM | Water Aerobics | Lap Pool |
| | 10 AM | Silver Sneakers (Cardio) | Fitness Room |
| | 11 AM | Water Walking | Lap Pool |
| Wednesday | 8 AM & 9:30 AM | Water Aerobics | Lap Pool |
| | 10 AM & 11 AM | Silver Sneakers (Strength) | Fitness Room |
| | 12 PM | Lunch N Learn | Room 2 |
| Thursday | 9:30 AM | Water Aerobics | Lap Pool |
| | 10 AM | Silver Sneakers (Cardio) | Fitness Room |
| | 11 AM | BINGO (Last Thursday of the Month) | Room 2 |
| | 11 AM | Water Walking | Lap Pool |
| | 1 PM | Northern Lakes Movie (3rd Thursday of the Month) | Brokaw Theatre |
| Friday | 8 AM & 9:30 AM | Water Aerobics | Lap Pool |
| | 10 AM & 11 AM | Silver Sneakers (Strength) | Fitness Room |
| | 11 AM | Water Walking | Lap Pool |
| | 12 PM | Caregiver Support (Last Friday of the Month) | Room 2 |
| | 1 PM | BINGO (1st and 3rd Friday of the Month) | Cameron Woods |

Water Aerobics

Water aerobics uses the natural resistance and buoyancy of water against your body, along with light water weights, to provide a wide variety of conditioning activity. No swimming required.

Silver Sneakers - Cardio

We combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength work with hand held weights, elastic tubing and a ball is alternated with non-impact aerobic choreography. A chair is offer for support, stretching, & relaxation.

Chair Yoga

Chair yoga is a gentle, accessible form of yoga that involves sitting or standing while using a chair for valance or support.

Silver Sneakers - Strength

We combine fun with fitness to increase your muscle strength, range of movement, coordination, agility, & activity for daily living skills. Hand held weights, elastic tubing, and a ball are offered for resistance. A chair is offer for either standing or seating support.

Water Walking

Water walking uses the natural resistance and buoyancy of water against your body to provide e a low impact workout. No swimming required.

Lunch N Learn

Come and have fellowship, good food, and a great learning experience. See monthly calendar for topics and presenters.

Bingo

Come and play Bingo, have fellowship, and win prizes! Popcorn and drinks will be provided.

Caregiver Support Group

This support group provides an opportunity for caregivers affected by Alzheimer's disease or Dementia to share their experiences and receive inspiration, guidance, & support.



Text @ymcaofste to 81010 to stay up to date with all the AOA happenings