



ACTIVE OLDER ADULTS

November 2025

YMCA OF STEUBEN COUNTY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
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
Tai Chi Gym 12:00 PM		Lunch N Learn Greg Giant RPH Room 2 - 12 PM		
10	11	12	13	14
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 12:00 PM		Lunch N Learn Senior 1 Care Room 2 - 12 PM		BINGO Cameron Woods 1 PM
17	18	19	20	21
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
Tai Chi Gym 12:00 PM		Lunch N Learn Achieve PT Room 2 - 12 PM		Caregiver Support Group YMCA - Room 2 12 PM
24	25	26	27	28
Water Aerobics Pool 8 AM & 9:30 AM	Water Aerobics Pool 9:30 AM	Water Aerobics Pool 8 AM & 9:30 AM	Closed - Thanksgiving	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 - 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
				Bingo Cameron Woods 1:00 PM
				Water Aerobics Silver Sneakers - Strength Silver Sneakers - Cardio Water Walking Low Impact Exercise Lunch N Learn Bingo Community

ACTIVE OLDER ADULTS

Weekly Schedule

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

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
Tuesday	12 PM	Low Impact Exercise Class	Room 2
	9:30 AM	Water Aerobics	Lap Pool
	10 AM	Silver Sneakers (Cardio)	Fitness Room
Wednesday	11 AM	Water Walking	Lap Pool
	8 AM & 9:30 AM	Water Aerobics	Lap Pool
	10 AM & 11 AM	Silver Sneakers (Strength)	Fitness Room
Thursday	12 PM	Lunch N Learn	Room 2
	9:30 AM	Water Aerobics	Lap Pool
	10 AM	Silver Sneakers (Cardio)	Fitness Room
Friday	11 AM	BINGO (Last Thursday)	Room 2
	11 AM	Water Walking	Lap Pool
	1 PM	Northern Lakes Movie (3rd Thursday)	Brokaw Theatre
	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)	Room 2
	1 PM	BINGO (1st and 3rd Friday)	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.

BINGO

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

Water Walking

Water walking uses the natural resistance and buoyancy of water against your body to provide a low impact workout. 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 offered for support, stretching & relaxation.

Silver Sneakers – Strength

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

Low Impact Exercise Classes

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

Tai Chi is a gentle, low-impact exercise that combines slow, flowing movements with deep breathing and mindfulness. It helps improve balance, flexibility, and relaxation, making it great for all ages and fitness levels.

Lunch N Learn

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

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 and support.