



ACTIVE OLDER ADULTS

September 2026

YMCA OF STEUBEN COUNTY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
	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	Lunch N Learn Chandler Place Room 2 - 12 PM	Water Walking Pool 11 AM - 12 PM	Water Walking Pool 11 AM - 12 PM
7	8	9	10	11
Happy 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	Water Walking Pool 11 AM - 12 PM
	Tai Chi Room 2 11:00 AM			BINGO Cameron Woods 1:00 PM
14	15	16	17	18
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	Water Walking Pool 11 AM - 12 PM
Chair Yoga Room 2 12:00 PM			Northern Lakes - Movie The Brokaw 1:00 PM	
21	22	23	24	25
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	Lunch N Learn Northern Lakes Room 2 - 12 PM	Water Walking Pool 11 AM - 12 PM	Water Walking Pool 11 AM - 12 PM
Chair Yoga Room 2 12:00 PM	Tai Chi Room 2 11:00 AM		BINGO Room 2 11:00 AM	
28	29	30		
Water Aerobics Pool 8 AM & 9:30 AM	Water Aerobics Pool 9:30 AM	Water Aerobics Pool 8 AM & 9:30 AM		Water Aerobics
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 Silver Sneakers - Cardio
Water Walking Pool 11 AM - 12 PM	Water Walking Pool 11 AM - 12 PM			Water Walking
Chair Yoga Room 2 12:00 PM	Caregiver Support Group YMCA - Room 1 12 PM			Low Impact Exercise
				Lunch N Learn
				Bingo
				Community



ACTIVE OLDER ADULTS

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

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

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
	11 AM	Tai Chi - every other Tuesday	Room 2
	12 PM	Caregiver Support - See Calendar	Room 1
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
	1 PM	BINGO	Cameron Woods

Low Impact Exercise

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

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.

Water Walking

Water walking uses the natural resistance and buoyancy of water against your body to provide 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.

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,

Silver Sneakers - Strength

We combine fun with fitness to increase your muscle 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 offer for either standing or

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.

Bingo

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



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