



ACTIVE OLDER ADULT PROGRAMMING

THE CORNING FAMILY YMCA | JUNE 2025

MONDAY

2

1-2 pm
Feeling Fit

9

1-2 pm
Feeling Fit

16

1-2 pm
Feeling Fit

23

1-2 pm
Feeling Fit

30

1-2 pm
Feeling Fit

TUESDAY

3

10:30-11:30 am
Silver Sneakers

10

10:30-11:30 am
Silver Sneakers

Noon to 3 pm
Adult Birthday
Party - Watson
Woods

17

10:30-11:30 am
Silver Sneakers

24

10:30-11:30 am
Silver Sneakers

WEDNESDAY

4

1-2 pm
Zumba Gold

Last Call! AOA
Celebration
Registration Closes
at Noon Today!

11

9:30 am-2 pm
*AOA Celebration -
Bay View Family
YMCA

1-2 pm
Zumba Gold

18

1-2 pm
Zumba Gold

25

1-2 pm
Zumba Gold

THURSDAY

5

10:30-11:30 am
Silver Sneakers

12

10:30-11:30 am
Silver Sneakers

19

10:30-11:30 am
Silver Sneakers

Noon to 1:30 pm
Bingo

26

10:30-11:30 am
Silver Sneakers

FRIDAY

6

1-2 pm
Zumba Gold

13

1-2 pm
Zumba Gold

20

1-2 pm
Zumba Gold

27

Noon to 1 pm
Adult Tea Party -
Community Room

1-2 pm
Zumba Gold

Please email Heather.Robbins@RochesterYMCA.org
with any questions, concerns, or talents!

*Notes registration is required.

Join the Active Older Adults at the
YMCA of Greater Rochester
Facebook Group!
Scan the QR code:

