



ACTIVE OLDER ADULT PROGRAMMING

THE CORNING FAMILY YMCA | JULY 2025

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1

10:30-11:30 am
Silver Sneakers

2

1-2 pm
Zumba Gold

3

10:30-11:30 am
Silver Sneakers

4

Happy 4th of July!
Branch Closed

7

1-2 pm
Feeling Fit

8

10:30-11:30 am
Silver Sneakers

6:30-8:30 pm
In The Kitchen:
Pop up class on
a Healthy Heart

9

1-2 pm
Zumba Gold

10

10:30-11:30 am
Silver Sneakers

11

Noon to 1 pm
Food Art For
Adults

1-2 pm
Zumba Gold

14

1-2 pm
Feeling Fit

15

10:30-11:30 am
Silver Sneakers

16

1-2 pm
Zumba Gold

17

10:30-11:30 am
Silver Sneakers

Noon to 1:30 pm
Bingo

18

Noon to 1 pm
Food Art For
Adults

1-2 pm
Zumba Gold

21

1-2 pm
Feeling Fit

22

10:30-11:30 am
Silver Sneakers

6:30-8:30 pm
In The Kitchen:
Pop up class on
a Healthy Heart

23

1-2 pm
Zumba Gold

24

10:30-11:30 am
Silver Sneakers

25

Noon to 1 pm
Food Art For
Adults

1-2 pm
Zumba Gold

28

1-2 pm
Feeling Fit

29

10:30-11:30 am
Silver Sneakers

30

1-2 pm
Zumba Gold

31

10:30-11:30 am
Silver Sneakers