



ACTIVE OLDER ADULT PROGRAMMING

CORNING FAMILY YMCA | AUGUST 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
28	29	30	31	1 1-2 pm Zumba Gold
4 1-2 pm Feeling Fit	5 10:30-11:30 am Silver Sneakers 6:30-8:30 pm In the Kitchen: Optimal Health	6 1-2 pm Zumba Gold	7 10:30-11:30 am Silver Sneakers	8 1-2 pm Zumba Gold
11 1-2 pm Feeling Fit	12 10:30-11:30 am Silver Sneakers	13 1-2 pm Zumba Gold	14 10:30-11:30 am Silver Sneakers Noon to 1 pm In the Kitchen: Just say yes to Nutrition	15 1-2 pm Zumba Gold
18 1-2 pm Feeling Fit	19 10:30-11:30 am Silver Sneakers 6:30-8:30 pm In the Kitchen: Plant Based Basics	20 1-2 pm Zumba Gold	21 10:30-11:30 am Silver Sneakers Noon to 1:30 pm Bingo	22 1-2 pm Zumba Gold
25 1-2 pm Feeling Fit	26 10:30-11:30 am Silver Sneakers	27 1-2 pm Zumba Gold	28 10:30-11:30 am Silver Sneakers	29 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:

