



ACTIVE OLDER ADULT PROGRAMMING

CORNING FAMILY YMCA | OCTOBER 2025

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1

9:20-10:20 am
10:30-11:30 am
AquaFit

1-2 pm
Zumba Gold

2

10:30-11:30 am
Silver Sneakers

3

1-2 pm
Zumba Gold

6

9:20-10:20 am
10:30-11:30 am
AquaFit

11 am-12:30 pm
In the Kitchen: Halloween
Treats kicks off!

1-2 pm
Feeling Fit

7

10:30-11:30 am
Silver Sneakers

8

9:20-10:20 am
10:30-11:30 am
AquaFit

1-2 pm
Zumba Gold

9

10:30-11:30 am
Silver Sneakers

10

1-2 pm
Zumba Gold

13

9:20-10:20 am
10:30-11:30 am
AquaFit

11 am-12:30 pm
In the Kitchen: Halloween
Treats kicks off!

1-2 pm
Feeling Fit

14

10:30-11:30 am
Silver Sneakers

15

9:20-10:20 am
10:30-11:30 am
AquaFit

1-2 pm
Zumba Gold

16

10:30-11:30 am
Silver Sneakers

17

1-2 pm
Zumba Gold

20

9:20-10:20 am
10:30-11:30 am
AquaFit

11 am-12:30 pm
In the Kitchen: Halloween
Treats kicks off!

1-2 pm
Feeling Fit

21

10:30-11:30 am
Silver Sneakers

22

9:20-10:20 am
10:30-11:30 am
AquaFit

1-2 pm
Zumba Gold

23

10:30-11:30 am
Silver Sneakers

24

1-2 pm
Zumba Gold

27

9:20-10:20 am
10:30-11:30 am
AquaFit

11 am-12:30 pm
In the Kitchen: Halloween
Treats kicks off!

1-2 pm
Feeling Fit

28

10:30-11:30 am
Silver Sneakers

29

9:20-10:20 am
10:30-11:30 am
AquaFit

1-2 pm
Zumba Gold

30

10:30-11:30 am
Silver Sneakers

31

**HAPPY
HALLOWEEN!**

1-2 pm
Zumba Gold

Please email heather.robbs@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:

