



ACTIVE OLDER ADULT PROGRAMMING

CORNING FAMILY YMCA | DECEMBER 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 1-2 pm Feeling Fit	2 10:30-11:30 am Silver Sneakers	3 1-2 pm Zumba Gold	2 10:30-11:30 am Silver Sneakers	5 1-2 pm Zumba Gold
8 1-2 pm Feeling Fit	9 10:30-11:30 am Silver Sneakers	10 1-2 pm Zumba Gold	11 10:30-11:30 am Silver Sneakers	12 1-2 pm Zumba Gold
15 1-2 pm Feeling Fit	16 10:30-11:30 am Silver Sneakers	17 1-2 pm Zumba Gold	18 10:30-11:30 am Silver Sneakers	19 1-2 pm Zumba Gold
22 1-2 pm Feeling Fit	23 10:30-11:30 am Silver Sneakers	24 Christmas Eve Branch Hours 5:30 am-2 pm	25 MERRY CHRISTMAS! Branch Closed	26
29	30	31 New Years Eve Branch Hours 5:30 am-2 pm		

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:

