



ACTIVE OLDER ADULT PROGRAMMING

CORNING FAMILY YMCA | FEBRUARY 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 1-2 pm Feeling Fit	3 10:30-11:30 am Silver Sneakers	4 1-2 pm Zumba Gold	5 10:30-11:30 am Silver Sneakers	6 1-2 pm Zumba Gold
9 1-2 pm Feeling Fit	10 10:30-11:30 am Silver Sneakers	11 1-2 pm Zumba Gold	12 10:30-11:30 am Silver Sneakers	13 1-2 pm Zumba Gold
16 1-2 pm Feeling Fit	17 10:30-11:30 am Silver Sneakers	18 1-2 pm Zumba Gold	19 10:30-11:30 am Silver Sneakers	20 1-2 pm Zumba Gold
23 1-2 pm Feeling Fit	24 10:30-11:30 am Silver Sneakers	25 1-2 pm Zumba Gold	26 10:30-11:30 am Silver Sneakers	27 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:

