



ACTIVE OLDER ADULT PROGRAMMING

CORNING FAMILY YMCA | MARCH 2026

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

2

1-2 pm
Feeling Fit

3

10 am to Noon
Game Day -
Community Room

10:30-11:30 am
SilverSneakers

4

1-2 pm
Zumba Gold

5

10:30-11:30 am
SilverSneakers

6

1-2 pm
Zumba Gold

9

1-2 pm
Feeling Fit

10

10 am to Noon
Game Day -
Community Room

10:30-11:30 am
SilverSneakers

11

1-2 pm
Zumba Gold

12

10:30-11:30 am
SilverSneakers

13

1-2 pm
Zumba Gold

16

1-2 pm
Feeling Fit

17

10 am to Noon
Game Day -
Community Room

10:30-11:30 am
SilverSneakers

18

1-2 pm
Zumba Gold

19

10:30-11:30 am
SilverSneakers

20

1-2 pm
Zumba Gold

23

1-2 pm
Feeling Fit

24

10 am to Noon
Game Day -
Community Room

10:30-11:30 am
SilverSneakers

25

1-2 pm
Zumba Gold

26

10:30-11:30 am
SilverSneakers

27

1-2 pm
Zumba Gold

30

1-2 pm
Feeling Fit

31

10 am to Noon
Game Day -
Community Room

10:30-11:30 am
SilverSneakers

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:

