



ACTIVE OLDER ADULT ACTIVITIES CALENDAR DECEMBER 2019

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
LIFE ENRICHMENT CENTER				
Arthritis Plus Water 9-945am Water Volleyball 10-11am Strength & Stretch 10-1045am Yoga Stretch 330-415pm Water Walking Plus 230-315pm Fitness Yoga 445-530pm	Water Blast 1015-11am Seniorcize 9-10am	Arthritis Plus Water 9-945am Water Volleyball 10-11am Strength & Stretch 10-1045am Yoga Stretch 330-415pm Water Walking Plus 230-315pm Fitness Yoga 445-530pm	Water Blast 1015-11am Seniorcize 9-10am	Arthritis Plus Water 9-945am Water Volleyball 10-11am Strength & Stretch 10-1045am SilverSneakers Classic 12-1245pm Water Walking Plus 230-315pm
**All class times/availability are subject to change.				

SPECIAL DATES

PARKINSON'S EXERCISE CLASS:
FRIDAYS AT SOUTH
10:15AM

PARKINSON'S SUPPORT GROUP:
Fridays 11AM
 Jan 31st
 Feb 28th
 March 27th
 April 24th



**Winter / Spring
 Blood Pressure Screening Dates
 9AM-11AM**

North Branch

Jan 6th
 Feb 3rd
 Mar 2nd
 Apr 6th
 May 4th

South Branch

Jan 3rd
 Feb 7th
 Mar 6th
 Apr 3rd
 May 1st

The Auglaize Mercer YMCA is
 proud to partner with:



Personal Yoga Adjustment Sessions
available at BOTH Branches! Aids in the
relief of a variety of ailments. See our
program guide for more information!



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DECEMBER 2019

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
		NORTH BRANCH		
Water Fit 8-845am Yin Yoga 830-930am Water Works 9-945am Gentle Aqua Stretch 10-1045am Senior Fit 10-1045am Pickleball 12-2	Aqua Zumba 8-845am Hydrocise 9-945am Senior Yoga 10-11am Senior Aqua 10-1045 SilverSneakers Classic 11-1145am Pickleball 12-2pm Functional Yoga 645-745pm	Water Fit 8-845am Yin Yoga 830-930am Water Works 9-945am Gentle Aqua Stretch 10-1045am Senior Fit 10-1045am Pickleball 12-2	Aqua Zumba 8-845am Hydrocise 9-945am Senior Yoga 10-11am Water Walking 1030-1115am SilverSneakers Classic 11-1145am Pickleball 12-2 Functional Yoga 645-745pm	Water Fit 8-845am Water Works 9-945am Functional Yoga 9-10am Function Restore Yoga 1015-11am
		SOUTH BRANCH		
Gentle Aqua Stretch 8-845am Senior Yoga 815-9am Water Fit 9-945am Water Works 915-10am Water Volleyball 10-11am Senior Fit 1020-11am Functional Yoga 645-745pm	Water Fit 9-945am Liquid Salsa 945-1030am Chair Volleyball 10-11am SilverSneakers Classic 11-1145am *Pickleball 1-3pm *excludes days with no school	Gentle Aqua Stretch 8-845am Senior Yoga 815-9am Water Fit 9-945am Water Works 915-10am Senior Fit 1020-11am Functional Yoga 645-745pm	Water Fit 9-945am Liquid Salsa 945-1030am Chair Volleyball 10-11am SilverSneakers Classic 11-1145am *Pickleball 1-3pm *excludes days with no school	Gentle Aqua Stretch 8-845am Water Fit 9-945am Water Works 915-10am *Pickleball 7-10am *excludes days with no school Parkinson's Class 1015-11am