



# ACTIVE OLDER ADULT PROGRAMMING

## JULY 2026

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SAVE THE DATE:

Friday, Aug 21 – AOA Fun Day

ABBREVIATION KEY

CTY – County YMCA  
DTY – Downtown YMCA  
ESY – Eastside YMCA  
GLY – Glenwood YMCA

1

12:30 – 1:30 pm  
Bible Study ESY

1pm Parkinson's  
Support Group ESY

2

3

6

7

VICTORIAN  
PRINCESS 2:30pm

Meet at Dobbins  
Landing 2pm

8

LIFE NWPA  
10am – ESY

LIFE NWPA  
Noon – GLY

12:30 – 1:30 pm  
Bible Study ESY

LUNCH & LINE DANCE  
1pm Hose Co 27

9

10

LINE DANCE 10am  
CTY

13

Blood Pressure  
Screening 9am – 11am  
GLY

LUNCH & LINE  
DANCE Noon  
South Erie Turners

14

15

12:30 – 1:30 pm  
Bible Study ESY

16

17

12pm – 2pm  
Rosco's Meet & Greet

SOCK HOP!  
6pm – 8pm  
LIVE MUSIC – ESY

20

21

22

12:30 – 1:30 pm  
Bible Study ESY

CAMPFIRE ACROSS  
AMERICA DAY



23

24

LINE DANCE  
10am CTY

FRESH AIR FIT  
SHALLOW WATER  
FITNESS – Legion Pool  
CTY – 10:30am

27

28

Blood Pressure  
Screening 9am –  
11am ESY

29

12:30 – 1:30 pm  
Bible Study ESY

30

31

9:45am Birthday  
Cake! ESY

# Active Older Adults Group Exercise Schedule

| MONDAY                                                                      | TUESDAY                                                                   | WEDNESDAY                                                                   | THURSDAY                                                              | FRIDAY                                                                              |
|-----------------------------------------------------------------------------|---------------------------------------------------------------------------|-----------------------------------------------------------------------------|-----------------------------------------------------------------------|-------------------------------------------------------------------------------------|
| <b>8:00am - 8:45am</b><br>Silver Sneakers Classic<br>Curtis - Gilmore Gym   | <b>8:00am - 8:45am</b><br>Silver Sneakers Classic<br>Curtis - Gilmore Gym | <b>8:00am - 8:45am</b><br>Silver Sneakers Enerchi<br>Curtis - Gilmore Gym   | <b>11:15am - 12:00pm</b><br>Silver Sneakers Classic<br>Deb - Studio 1 | <b>8:00am - 8:45am</b><br>Silver Sneakers/<br>BOOM Muscle<br>Curtis - Gilmore Gym   |
| <b>9:30am - 10:25am</b><br>Line Dance<br>Chris - Studio 1                   |                                                                           | <b>9:30am - 10:30pm</b><br>Chair Yoga<br>Chris - Holistic Center            |                                                                       | <b>8:00am - 9:00am</b><br>Latin Dance<br>Olga - Studio 1                            |
| <b>11:00am - 11:45am</b><br>Silver Sneakers Classic<br>Curtis - Gilmore Gym |                                                                           | <b>11:00am - 11:30am</b><br>Zumba Toning Gold<br>Kellie - Studio 1          |                                                                       | <b>11:00am - 11:45am</b><br>Silver Sneakers/<br>BOOM Muscle<br>Curtis - Gilmore Gym |
| <b>1:00pm - 1:45pm</b><br>Silver Sneakers Classic<br>Deb - Studio 1         |                                                                           | <b>11:00am - 11:45am</b><br>Silver Sneakers Enerchi<br>Curtis - Gilmore Gym |                                                                       | <b>1:00pm - 1:45pm</b><br>Silver Sneakers Classic<br>Deb - Studio 1                 |
|                                                                             |                                                                           |                                                                             |                                                                       |                                                                                     |
|                                                                             |                                                                           |                                                                             | <b>SATURDAY</b>                                                       |                                                                                     |
|                                                                             |                                                                           |                                                                             | <b>*Takes place on 2<sup>nd</sup> &amp; 4<sup>th</sup> Saturday*</b>  |                                                                                     |
|                                                                             |                                                                           |                                                                             | <b>*11:00am - 12:00pm*</b><br>Chair Yoga<br>Hope - Holistic Center    |                                                                                     |
|                                                                             |                                                                           |                                                                             | <b>12:00pm - 12:45pm</b><br>Silver Sneakers Classic<br>Deb - Studio 1 |                                                                                     |





Glenwood Park YMCA

Last Updated: 7/14/26



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