



ACTIVE OLDER ADULT PROGRAMMING

AUGUST 2026

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

3

4

5

FRESH AIR FIT
Ener-Chi with Curtis
at Glenwood Park
(behind the zoo) 11am

1pm Parkinson's
Support Group ESY

6

7

10

Blood Pressure
Screening 9am - 11am
GLY

11

12

LUNCH & LINE
DANCE 1pm
Hose Co 27

13

Erie Cancer Wellness
Center Class 10:30am
ESY

Erie Zoo FREE
Senior Day!
10am - 2pm

14

BLOOD MOBILE
8am - 1pm
ESY

17

LUNCH & LINE
DANCE Noon
South Erie Turners

18

19

20

Aloha Summer
Luau at ESY
6pm - 7:30pm

21

AOA
FUN
DAY!

24

25

Blood Pressure
Screening 9am -
11am ESY

26

27

28

31

COMING UP:

Wed, Sept 23 - Speed Dating and Friending at GLY

ABBREVIATION KEY:

CTY - County YMCA . DTY - Downtown YMCA
ESY - Eastside YMCA . GLY - Glenwood YMCA

Active Older Adults Group Exercise Schedule

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





Glenwood Park YMCA

Last Updated: 8/1/26



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