

AOA Health and Wellness Calendar

Bayview YMCA September 2025

Monday

Sit and Fit
11am
Gymnasium
w/ Sally

Basic Strength
4:30pm (1st & 3rd)
5:45pm (2nd & 4th)
3rd Floor
w/ Alfredo

Tuesday

Basic Strength
10am
Gymnasium
w/Alfredo

Circuit
12pm
2nd Floor Fitness Rm.
w/Vashann

Wednesday

Sit and Fit
10:30am Exercise
Gymnasium
w/Sally

Circuit Fitness
4:30pm
3rd Floor
Alfredo

Yoga Flow
5:45pm-6:45pm
3rd Floor GX Room
w/ Armando

Thursday

Basic Strength
10am
Gymnasium
w/Alfredo

Soul Line Dance
w/Harriet
4pm – 5pm
Gymnasium

Friday

Tai Chi
9:30am
McLaren Park
w/Katherine

Community
Walk
10am
9/5 Candlestick
9/19 Crocker Amazon
w/ Vashann

Sit and Fit
11am
Gymnasium
w/Sally

Monthly Events

First Friday Night
Lines
9/5 Emerald City
Bayview Y
Gymnasium

Senior Lunch &
Learn
9/12/2025 11:30am
Bayview Y
Conference Center
(Every 2nd Fri.)



Low Impact Classes



Low/Mid
Impact Classes