

# AOA Health and Wellness Calendar

## Bayview YMCA February 2025

Monday

Sit and Fit  
11am  
Gymnasium  
w/ Sally

Tuesday

Basic Strength  
10am  
Gymnasium  
w/Alfredo

Wednesday

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

Thursday

Basic Strength  
10am  
Gymnasium  
w/Alfredo

Friday

Tai Chi  
9:30am  
McLaren Park  
w/Katherine

Monthly  
Events

First Friday Night  
Lines  
2/6 Mardi Gras  
Bayview Y  
Gymnasium

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

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

Circuit Fitness  
4:30pm  
3<sup>rd</sup> Floor  
Alfredo

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

Community  
Walk  
10am  
2/6 Heron Head  
2/20 Lake Merced  
w/ Vashann

Senior Lunch &  
Learn  
2/13/2026  
11:30am  
Bayview Y  
Conference Center  
(Every 2<sup>nd</sup> Fri.)

Sit and Fit  
11am  
Gymnasium  
w/Sally

-  Low Impact Classes
-  Low/Mid Impact Classes