

# AOA Health and Wellness Calendar

## Bayview YMCA February 2025

### Monday

Sit and Fit  
11am  
Gymnasium  
w/ Sally

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

### Tuesday

Basic Strength  
10am  
Gymnasium  
w/Alfredo

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

### Wednesday

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

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

### 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  
2/6 Heron Head  
2/20 Lake Merced  
w/ Vashann

Sit and Fit  
11am  
Gymnasium  
w/Sally

### Monthly Events

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

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



Low Impact Classes



Low/Mid  
Impact Classes