

# APRIL 2026

## AOA Health and Wellness Calendar Bayview Hunters Point YMCA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	MONTHLY EVENTS
<p><b>Sit and Fit</b> 11 am Gymnasium w/ Sally</p>	<p><b>Basic Strength</b> 10 am Gymnasium w/Alfredo</p>	<p><b>Sit and Fit</b> 10:30 am Exercise Gymnasium w/Sally</p>	<p><b>Basic Strength</b> 10 am Gymnasium w/Alfredo</p>	<p><b>Tai Chi</b> 9:30 am McLaren Park w/Katherine</p>	<p>4/3/2026 <b>First Friday Night Lines Spring Fling!</b> Gymnasium</p>
<p><b>Basic Strength</b> 4:30 pm (1st &amp; 3rd) 5:45 pm (2nd &amp; 4th) 3rd Floor w/ Alfredo</p>	<p><b>Circuit</b> 12 pm 2nd Floor Fitness Rm. w/Vashann</p>	<p><b>Circuit Fitness</b> 4:30 pm 3rd Floor w/Alfredo</p>	<p><b>Soul Line Dance</b> 4-5 pm Gymnasium w/Harriet</p>	<p><b>Community Walk</b> 10 am 4/3 Crocker Amazon 4/17 Heron Head w/ Vashann</p>	<p>4/10/2026 <b>Senior Lunch &amp; Learn</b> 11:30 am Conference Center (Every 2nd Friday)</p>
		<p><b>Yoga Flow</b> 5:45-6:45 pm 3rd Floor GX Room w/ Armando</p>		<p><b>Sit and Fit</b> 11 am Gymnasium w/Sally</p>	

-  LOW IMPACT CLASSES
-  LOW/MID IMPACT CLASSES



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

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