

AOA Health and Wellness Calendar

Bayview YMCA June 2026

Monday

Sit and Fit
11am
Gymnasium
w/ Sally

Tuesday

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

Wednesday

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

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

Thursday

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

Friday

Tai Chi
9:30am
McLaren Park
w/Katherine



Community Walk
10am
6/5 Juneteenth Walk
Lake Merced
w/ Vashann

Sit and Fit
11am
Gymnasium
w/Sally

Monthly Events

First Friday Night Lines
6/5 Juneteenth
Bayview Y
Gymnasium

Senior Lunch & Learn
6/12/2026 11:30am
Bayview Y
Conference Center
(Every 2nd Fri.)

 Low Impact Classes
 Low/Mid Impact Classes