



AOA Health and Wellness Calendar

Bayview YMCA July 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Monthly Events
<p>Sit and Fit 11am Gymnasium w/ Sally</p>	<p>Circuit 12pm 2nd Floor Fitness Rm. w/Vashann</p>	<p>Sit and Fit 10:30am Exercise Gymnasium w/Sally</p>	<p>Soul Line Dance w/Harriet 4pm – 5pm Gymnasium</p>	<p>Tai Chi 9:30am McLaren Park w/Katherine</p>	<p>First Friday Night Lines CANCELLED</p>
		<p>Yoga Flow 5:45pm-6:45pm 3rd Floor GX Room w/ Armando</p>		<p>Community Walk 10am 6/17 Heron Head w/ Vashann</p>	<p>Senior Lunch & Learn 6/10/2025 11:30am Bayview Y Conference Center (Every 2nd Fri.)</p>
				<p>Sit and Fit 11am Gymnasium w/Sally</p>	

 Low Impact Classes
 Low/Mid Impact Classes

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