

AOA Health and Wellness Calendar

Bayview YMCA August 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

8/7 Glen Park
8/21 Candlestick
w/ Vashann

Sit and Fit
11am
Gymnasium
w/Sally

Monthly Events

First Friday Night Lines
8/7 6pm - 9pm
Theme:
Wild Wild West!

Senior Lunch & Learn
8/14 11:30am
Bayview Y
Conference Center
(Every 2nd Fri.)

 Low Impact Classes
 Low/Mid Impact Classes

Sponsored in part by the San Francisco Dept. of Public Health with Mental Health Services Act (Prop. 63) funds, The Metta Fund & Department of Disability and Aging Services.