



## Buchanan YMCA

The Buchanan YMCA is now a community center. Stop by to learn more about current programs that are offered and available.

## AOA PROGRAM

To participate in the Active Older Adult Program at the Buchanan YMCA, registration is required. Qualifying participants need to be: 60+ or 18+ for people with a disability AND current San Francisco resident.

We promote full-person wellness by helping people stay active, connected, engaged, and inspired. From classes to games, outings, language learning, and workshops, there's something for everyone.

## CONTACT



### CLAUDIA RODAS

Community Engagement Specialist  
Contact: [Crodas@ymcasf.org](mailto:Crodas@ymcasf.org)

Claudia was born and raised El Salvador she came to the USA in 2004. She has worked as Group Exercise Instructor for the YMCA for more than 10 years. Claudia previously worked as a journalist and news reporter before she started her fitness career.



## BUCHANAN YMCA - AOA

# ACTIVE OLDER ADULTS

ONLINE SCHEDULE AVAILABLE - SCAN QR CODE

## EXPLORE THE POSSIBILITIES

These programs serving the community are funded by the City of San Francisco's Department of Disability and Aging Services.

For more info, please  
contact  
415-292-3032

BUCHANAN YMCA  
1530 BUCHANAN ST,  
San Francisco, CA



SAN FRANCISCO HUMAN SERVICES AGENCY  
Department of Disability  
and Aging Services

# Active Older Adults (AOA) Activities Schedule

## Buchanan YMCA - SEPTEMBER 2026

| Monday                                                                                                                                                                       | Tuesday                                                                                                                                           | Wednesday                                                                                                                                                                          | Thursday                                                                                                                    | Friday                                                                                                     | Saturday                                                                                                                    |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------|
|                                                                                             | <b>BUCHANAN YMCA</b><br><b>1530 Buchanan St</b><br><b>FOR YOUTH DEVELOPMENT®</b><br><b>FOR HEALTHY LIVING</b><br><b>FOR SOCIAL RESPONSIBILITY</b> |  <b>SAN FRANCISCO HUMAN SERVICES AGENCY</b><br><b>Department of Disability and Aging Services</b> |                                                                                                                             |                                                                                                            | These programs serving the community are funded by the City of San Francisco's Department of Disability and Aging Services. |
|                                                                                                                                                                              | 1                                                                                                                                                 | 2                                                                                                                                                                                  | 3                                                                                                                           | 7                                                                                                          | 5                                                                                                                           |
|                                                                                                                                                                              | <b>9:30 PILATES</b><br><b>11:35 TAI-CHI</b><br><b>12:30 SPANISH (CANCELED)</b>                                                                    | <b>9:00 GENTLE YOGA</b><br><b>10:00 ALWAYS ACTIVE</b><br><b>1:00PM TAI-CHI FOR ARTHRITIS</b>                                                                                       | <b>9:30 SIT AND BE FIT</b><br><b>10:30 ZUMBA</b><br><b>11:35-12:15 QI-GONG</b>                                              | <b>1PM-4PM OFFICE HOURS</b>                                                                                |                                                                                                                             |
| 7                                                                                                                                                                            | 8                                                                                                                                                 | 9                                                                                                                                                                                  | 10                                                                                                                          | 11                                                                                                         | 12                                                                                                                          |
| <b>LABOR DAY HOLIDAY</b><br><b>BUCHANAN YMCA CLOSED</b>                                                                                                                      | <b>NO AOA CLASSES</b>                                                                                                                             | <b>NO AOA CLASSES</b>                                                                                                                                                              | <b>NO AOA CLASSES</b>                                                                                                       | <b>NO AOA CLASSES</b>                                                                                      |                                                                                                                             |
| 14                                                                                                                                                                           | 15                                                                                                                                                | 16                                                                                                                                                                                 | 17                                                                                                                          | 18                                                                                                         | 18                                                                                                                          |
| <b>9:00 ENERGY RESET SOUND BATH</b><br><b>10:00 ALWAYS ACTIVE</b><br><b>11:15 GG/MEDITATION</b><br><b>2:00 PM LATINO GRUPO DE APOYO</b>                                      | <b>9:30 PILATES</b><br><b>11:35 TAI CHI</b><br><b>12:30 SPANISH</b>                                                                               | <b>9:00 GENTLE YOGA(CANCELED)</b><br><b>10:00 ALWAYS ACTIVE</b><br><b>1:00 TAI-CHI FOR ARTHRITIS (FIRST CLASS SESSION 2)</b>                                                       | <b>9:30 SIT AND BE FIT</b><br><b>10:30 ZUMBA</b><br><b>11:35-12:15 QI-GONG</b>                                              | <b>1PM-4PM OFFICE HOURS</b>                                                                                |                                                                                                                             |
| 21                                                                                                                                                                           | 22                                                                                                                                                | 23                                                                                                                                                                                 | 24                                                                                                                          | 25                                                                                                         | 26                                                                                                                          |
| <b>9:00 ENERGY RESET SOUND B.</b><br><b>10:00 ALWAYS ACTIVE</b><br><b>11:15 GG/MEDITATION</b><br><b>1:00PM TAI-CHI FOR ARTHRITIS</b><br><b>2:00 PM LATINO GRUPO DE APOYO</b> | <b>9:30 PILATES</b><br><b>11:35 TAI-CHI</b><br><b>12:30 SPANISH</b>                                                                               | <b>9:00 GENTLE YOGA</b><br><b>10:00 ALWAYS ACTIVE</b><br><b>1:00 TAI-CHI FOR ARTHRITIS</b>                                                                                         | <b>9:30 SIT AND BE FIT</b><br><b>10:30 ZUMBA</b><br><b>11:35-12:30 QI-GONG</b><br><b>1:30 BINGO WITH VANESSA (UPSTAIRS)</b> | <b>ALWAYS ACTIVE PARTY</b><br><b>1:00 PM TO 4:00 PM SAN FRANCISCO COUNTY FAIR BUILDING 1199 9TH AVE SF</b> |                                                                                                                             |
| 28                                                                                                                                                                           | 29                                                                                                                                                | 30                                                                                                                                                                                 |                                                                                                                             |                                                                                                            | 26                                                                                                                          |
| <b>9:00 ENERGY RESET SOUND B.</b><br><b>10:00 ALWAYS ACTIVE</b><br><b>11:15 GG/MEDITATION</b><br><b>1:00PM TAI-CHI FOR ARTHRITIS</b><br><b>2:00 PM LATINO GRUPO DE APOYO</b> | <b>9:30 PILATES</b><br><b>11:35 TAI-CHI</b><br><b>12:30 SPANISH</b>                                                                               | <b>9:00 GENTLE YOGA</b><br><b>10:00 ALWAYS ACTIVE</b><br><b>1:00 TAI-CHI FOR ARTHRITIS</b><br><b>2:45 SALSA WITH USF (FIRST CLASS)</b>                                             |                                                                                                                             |                                                                                                            |                                                                                                                             |