

AOA Health and Wellness Calendar

Bayview Hunters Point YMCA September 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Monthly Events
<u>Sit and Fit</u> 11 am Gymnasium w/ Sally	<u>Circuit</u> 12 pm 2 nd Floor Fitness Rm. w/Vashann	<u>Sit and Fit</u> 10:30 am Exercise Gymnasium w/Sally	<u>Soul Line Dance w/ Harriet</u> 4 pm – 5 pm Gymnasium	<u>Tai Chi</u> 9:30 am McLaren Park w/Katherine	<u>First Friday Night Lines</u> 9/4 Harlem Nights
		<u>Yoga Flow</u> 5:45 pm-6:45 pm 3 rd Floor GX Room w/ Armando		<u>Community Walk</u> 10 am 9/4 McLaren Park 9/18 Glen Park w/ Vashann	<u>Senior Lunch & Learn</u> 9/11 11:30 am Bayview Y Conference Center (Every 2 nd Fri.)
				<u>Sit and Fit</u> 11 am Gymnasium w/Sally	Low Impact Classes Low/Mid Impact Classes

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