

Active Older Adults (AOA) Activities Schedule

Buchanan YMCA - SEPTEMBER 2026

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



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

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

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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