AOA Health and Wellness Calendar

Bayview YMCA November 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Monthly Events
Sit and Fit 11am Gymnasium w/ Sally	**Circuit** 12pm 2nd Floor Fitness Rm. w/Vashann	**Sit and Fit** 10:30am Exercise Gymnasium w/Sally	**Soul Line Dance w/Harriet** 4pm – 5pm Gymnasium	**Tai Chi** 9:30am McLaren Park w/Katherine	**First Friday Night Lines** **11/6 Shades of Fall**
		Yoga Flow 5:45pm-6:45pm 3rd Floor GX Room w/ Armando		**Community Walk** 10am 11/6 Heron Head 11/20 McClaren Park w/ Vashann	**Senior Lunch & Learn** **11/13 11:30am** **Bayview Y Conference Center** **(Every 2nd Fri.)**
				Sit and Fit 11am Gymnasium w/Sally	

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.