

YACTIVE OLDER ADULTS™

We build strong kids, strong families, strong communities.

Southwest Community Center YMCA

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614- 539-1770

| AOA | \$ FEES | | Code | Su | Mo | Tu | We | Thr | Fr | Sa |
|--|---------|------|-------|----|--------------|-------------|--------------|-------------|------------|----|
| | M | P* | | | | | | | | |
| | \$0 | \$15 | | | | | | | | |
| AOA Low Impact Aerobics | | | SW110 | | | 9:00-9:45 | | 9:00-9:45 | | |
| SilverSneakers® M.S.R.O.M. | | | SW110 | | | 9:50-10:40 | | 9:50-10:40 | | |
| AOA Line Dancing | | | SW110 | | | 10:45-11:15 | | 10:45-11:15 | | |
| Arthritis Water Fitness | | | SW110 | | | 11:30-12:30 | | 11:30-12:30 | | |
| Senior Strength | | | SW110 | | | | | | 9:30-10:30 | |
| SilverSneakers® Cardio Circuit | | | SW110 | | 9:00 - 10:00 | | 9:00 - 10:00 | | | |
| AOA Water Fitness | | | SW110 | | 10:15-11:00 | | 10:15-11:00 | | | |
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M = YMCA Metropolitan Member **P*** = YMCA Program Member (must have active Program Membership)
FREE = Free for Metropolitan Members

Register online at ymcacolumbus.org

Our mission: To serve the whole community through programs expressing
 Judeo-Christian principles that build a healthy spirit, mind and body.