



Centennial Hills YMCA AOA Social Calendar | September 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		1 Young @ Heart 8:30 AM Adult Volleyball 9:00am -10:30am Gym Aqua Zumba 9:30am Intro to Tai Chi 10:30 AM Arthritic Splash 1:30pm	2 Arthritic Splash 8:30am Tai Chi 8:30am Zumba Gold 9:30am Walking Club 10:30-11:30am Gym	3 Zumba Gold 8:30am Aqua Fit 9:30am Silver Sneakers Classic 10:30am		
6 Labor Day (Closed)	7 Tai Chi 8:30am Aqua Fit 9:30am Young @ Heart 10:30am Walking Club 10:30-11:30am Gym	8 Young @ Heart 8:30 AM Adult Volleyball 9:00am -10:30am Gym Aqua Zumba 9:30am Intro to Tai Chi 10:30 AM Arthritic Splash 1:30pm	9 Arthritic Splash 8:30am Tai Chi 8:30am Zumba Gold 9:30am Walking Club 10:30-11:30am Gym	10 Zumba Gold 8:30am Aqua Fit 9:30am Silver Sneakers Classic 10:30am		
13 Aqua Fit 9:30am Silver Sneakers Classic 10:30am	14 Tai Chi 8:30am Aqua Fit 9:30am Young @ Heart 10:30am Walking Club 10:30-11:30am Gym	15 Young @ Heart 8:30 AM Adult Volleyball 9:00am -10:30am Gym Aqua Zumba 9:30am Intro to Tai Chi 10:30 AM Arthritic Splash 1:30pm	16 Arthritic Splash 8:30am Tai Chi 8:30am Zumba Gold 9:30am Walking Club 10:30-11:30am Gym Pahrump Winery Field Trip 9:30am leaves from Durango Hills Y	17 Zumba Gold 8:30am Aqua Fit 9:30am Silver Sneakers Classic 10:30am		
20 Aqua Fit 9:30am Silver Sneakers Classic 10:30am Centennial Hills Hospital Talk: Stroke Awareness, Presented By Josie Covel, RN, BSN Neuro Cardiac Program Coordinator 11:30am	21 Tai Chi 8:30am Aqua Fit 9:30am Young @ Heart 10:30am Walking Club 10:30-11:30am Gym	22 Young @ Heart 8:30 AM Adult Volleyball 9:00am -10:30am Gym Aqua Zumba 9:30am Intro to Tai Chi 10:30 AM Arthritic Splash 1:30pm	23 Arthritic Splash 8:30am Tai Chi 8:30am Zumba Gold 9:30am Walking Club 10:30-11:30am Gym	24 Zumba Gold 8:30am Aqua Fit 9:30am Silver Sneakers Classic 10:30am		
27 Aqua Fit 9:30am Silver Sneakers Classic 10:30am	28 Tai Chi 8:30am Aqua Fit 9:30am Young @ Heart 10:30am Walking Club 10:30-11:30am Gym	29 Young @ Heart 8:30 AM Adult Volleyball 9:00am -10:30am Gym Aqua Zumba 9:30am Intro to Tai Chi 10:30 AM Arthritic Splash 1:30pm	30 Arthritic Splash 8:30am Tai Chi 8:30am Zumba Gold 9:30am Walking Club 10:30-11:30am Gym			
NOTES: Please stop by the front desk to sign-up for social events Events in LIGHT GREEN represent special events Events in DARK GREEN represent group fitness classes Events in BLACK represent social activities Please contact Arthur at ahockwald@lasvegasyymca.org for more details						