



Heinrich YMCA AOA Social Calendar | September 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		1 Young @ Heart 9:30 AM Tai Chi 10:30 AM	2 Pickleball 9 AM - 12 PM COMMIT 10:30 AM Silver Sneakers® 11:30 AM Chair Yoga 12:30 PM Tai Chi 4 PM	3 AOA Ambassadors 10 AM Multi-Level Yoga 10:30 AM Line Dance 11:30 AM	4 Pickleball 9 AM - 12 PM	5
6 Young @ Heart 9:30 AM Tai Chi 10:30 AM	7 Pickleball 9 AM - 12 PM Hot Hula 10:30 AM Silver Sneakers® 11:30 AM Chair Yoga 12:30 PM Tai Chi 4 PM	8 Young @ Heart 9:30 AM Tai Chi 10:30 AM	9 Pickleball 9 AM - 12 PM COMMIT 10:30 AM Silver Sneakers® 11:30 AM Chair Yoga 12:30 PM Tai Chi 4 PM	10 Multi-Level Yoga 10:30 AM Line Dance 11:30am	11 Pickleball 9 AM - 10:30 AM	12
13 International Welcome Week Humana Table (Pat) Young @ Heart 9:30 AM Tai Chi 10:30 AM Diabetes Map (Session 1) 11 AM	14 International Welcome Week Pickleball 9 AM - 12 PM Hot Hula 10:30 AM Silver Sneakers® 11:30 AM Chair Yoga 12:30 PM Tai Chi 4 PM	15 International Welcome Week Young @ Heart 9:30 AM Tai Chi 10:30 AM	16 International Welcome Week Pickleball 9 AM - 12 PM COMMIT 10:30 AM Silver Sneakers® 11:30 AM Chair Yoga 12:30 PM Tai Chi 4 PM	17 International Welcome Week 4th Annual LIVESTRONG at the Y Fitness Party (Durango Branch) 8 AM - 12 PM	18 Pickleball 9 AM - 12 PM	19
20 Diabetes Mapping (Session 2) 11 AM - 1 PM Young @ Heart 9:30 AM Tai Chi 10:30 AM	21 Pickleball 9 AM - 12 PM Hot Hula 10:30 AM Silver Sneakers® 11:30 AM Chair Yoga 12:30 PM Tai Chi 4 PM	22 Young @ Heart 9:30 AM Tai Chi 10:30 AM	23 Pickleball 9 AM - 12 PM Humana Table (Pat) Senior Connections 9:30 AM COMMIT 10:30 AM Silver Sneakers® 11:30 AM Chair Yoga 12:30 PM Tai Chi 4 PM	24 Multi-level Yoga 10:30 AM July, August, September Birthday Celebrations Lunch 12:30pm - 2:00pm	25 Pickleball 9 AM - 12 PM	26
27 Young @ Heart 9:30 AM Tai Chi 10:30 AM	28 Pickleball 9 AM - 12 PM Hot Hula 10:30 AM Silver Sneakers® 11:30 AM Chair Yoga 12:30 PM Tai Chi 4 PM	29 Young @ Heart 9:30 AM Tai Chi 10:30 AM Breast Cancer Awareness Valley Health 11:30 AM	30 Pickleball 9 AM - 12 PM COMMIT 10:30 AM Silver Sneakers® 11:30 AM Chair Yoga 12:30 PM Tai Chi 4 PM			
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 Jonathan at jjimenez@lasvegasyymca.org for more details						