



SkyView YMCA AOA Social Calendar | September 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		1 ~Silver Sneakers Splash 8:30am ~Silver Sneakers Classic 11:30am	2 ~Young at Heart 8:15am ~Cards & Mingle 10:00am-12:00pm	3 ~9:45am BINGO Meet and Greet	4 ~AquaFit 11:30am	5
6 LABOR DAY (FACILITY CLOSED)	7 ~Young at Heart 8:15am ~Hot Hula 9:30am ~AquaFit 10:00am	8 ~Silver Sneakers Splast 8:30am ~Silver Sneakers Classic 11:30am	9 ~Young at Heart 8:15am ~Cards & Mingle 10:00am-12:00pm	10 ~Functional Fitness & Recovery 7:15am ~Boogie Line Dance 9:15am ~Silver Sneakers Classic 11:00am	11 ~AquaFit 11:30am	12
13 ~AquaFit 8:30am ~Boogie Line Dance 10:30am ~Deep Water Aqua 11:00am ~Tai Chi 4:00pm	14 ~Young at Heart 8:15am ~Hot Hula 9:30am ~AquaFit 10:00am ~Centennial Hills Stroke Awareness Talk 11:00am	15 ~Silver Sneakers Splast 8:30am ~Silver Sneakers Classic 11:30am	16 ~Young at Heart 8:15am ~Cards & Mingle 10:00am-12:00pm	17 4th Annual LIVESTRONG at the Y Fitness Party (Durango Branch) 8 AM - 12 PM	18 ~AquaFit 11:30am	19
20 ~AquaFit 8:30am ~Boogie Line Dance 10:30am ~Deep Water Aqua 11:00am ~Tai Chi 4:00pm	21 ~Young at Heart 8:15am ~Hot Hula 9:30am ~AquaFit 10:00am	22 ~Silver Sneakers Splast 8:30am ~Silver Sneakers Classic 11:30am	23 ~Young at Heart 8:15am ~Cards & Mingle 10:00am-12:00pm	24 ~9:15am Craft Day Knit & Crochet	25 ~AquaFit 11:30am	26
27 ~AquaFit 8:30am ~11:45am-12:15pm Ambassadors Club ~Boogie Line Dance 10:30am ~Deep Water Aqua 11:00am ~Tai Chi 4:00pm	28 ~Young at Heart 8:15am ~Hot Hula 9:30am ~AquaFit 10:00am	29 ~Silver Sneakers Splast 8:30am ~Silver Sneakers Classic 11:30am ~10:30pm Medicare Made Easy	30 ~Young at Heart 8:15am ~Cards & Mingle 10:00am-12:00pm Intermountain Health Care "Happy Feet" 10:00am-12:00pm			
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 Barbie at bdryer@lasvegasyymca.org for more details						