



# Durango Hills YMCA AOA Social Calendar | September 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		1	2	3	4	5
		Silver Sneakers 11:15-12:05pm  QiGong 12:15-1:05pm	Chair Yoga 7:15-8:05am  Silver Sneakers 11:15-12:05pm  Chair Yoga 12:15-1:05pm  Urban Line Dance 1:15-2:05	Ambassador's Club 10:00-11:00am  Silver Sneakers 11:15-12:05pm  QiGong 12:15-1:05pm		Boogie Line Dance 11:15-12:05
6	7	8	9	10	11	12
Silver Sneakers 11:15-12:05  Silver Sneakers CardioFit 12:15-1:00pm	Chair Yoga 10:15-11:05am  Urban Line Dance 7:00-7:50pm	Silver Sneakers 11:15-12:05pm  QiGong 12:15-1:05pm	Chair Yoga 7:15-8:05am  Silver Sneakers 11:15-12:05pm  Chair Yoga 12:15-1:05pm  Urban Line Dance 1:15-2:05	CH Hospital Talk 10:00am  Silver Sneakers 11:15-12:05pm  QiGong 12:15-1:05pm		Boogie Line Dance 11:15-12:05
13	14	15	16	17	18	19
Silver Sneakers 11:15-12:05  Silver Sneakers CardioFit 12:15-1:00pm	Chair Yoga 10:15-11:05am  Urban Line Dance 7:00-7:50pm	Silver Sneakers 11:15-12:05pm  QiGong 12:15-1:05pm	Chair Yoga 7:15-8:05am  Pahrump Winery Trip 9:30-3:00pm  Silver Sneakers 11:15-12:05pm  Chair Yoga 12:15-1:05pm  Urban Line Dance	Livestrong Party 8:00am  Silver Sneakers 11:15-12:05pm  QiGong 12:15-1:05pm		Boogie Line Dance 11:15-12:05
20	21	22	23	24	25	26
Silver Sneakers 11:15-12:05  Silver Sneakers CardioFit 12:15-1:00pm  Laughter Yoga 12:15pm	Chair Yoga 10:15-11:05am  Urban Line Dance 7:00-7:50pm	Silver Sneakers 11:15-12:05pm  QiGong 12:15-1:05pm	Chair Yoga 7:15-8:05am  Silver Sneakers 11:15-12:05pm  Chair Yoga 12:15-1:05pm  Urban Line Dance 1:15-2:05	Silver Sneakers 11:15-12:05pm  QiGong 12:15-1:05pm		Boogie Line Dance 11:15-12:05
27	28	29	30			
Silver Sneakers 11:15-12:05  Silver Sneakers CardioFit 12:15-1:00pm  Bingo 12:15pm	Chair Yoga 10:15-11:05am  Urban Line Dance 7:00-7:50pm	Silver Sneakers 11:15-12:05pm  QiGong 12:15-1:05pm	Chair Yoga 7:15-8:05am  Silver Sneakers 11:15-12:05pm  Chair Yoga 12:15-1:05pm  Urban Line Dance 1:15-2:05			

**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](mailto:jjimenez@lasvegasyymca.org) for more details