



NATIONAL SENIOR HEALTH & FITNESS DAY

THE GATEWAY FAMILY YMCA



OCTOBER 26

National Senior Health & Fitness Day YMCA Open House

Elizabeth Branch

- 9:15-10:00am Cycling
- 10:00-11:00am Stretch & Flex
- 11:00-11:45am Enhance Fitness for Arthritis
- 12:00-1:00pm Blood Pressure Self-Monitoring
- 2:30-3:30pm Staying Informed Infectious Diseases Educational Seminar
- 6:15-7:00pm Zumba

Five Points Branch

- 8:00-9:00am Water Exercise
- 9:00-10:00am Water Exercise
- 9:00-10:00am Active Older Adults
- 10:15-11:15am Enhance Fitness for Arthritis
- 8:00-8:45pm Water Exercise

Rahway Branch

- 9:00-9:45am Deep Water Exercise
- 9:30-10:30am Pilates
- 10:00-11:00am Member Social
- 11:30-12:00pm Raise the Ball!
- 12:00-12:30pm Lunch & Learn Healthy Eating Seminar
- 6:00-7:00pm Power Yoga

Wellness Center Branch

- 6:00-6:45am Cycling
- 9:00-10:00am Yoga
- 10:00-1:00pm Community Health Fair
- 10:00-11:00am Blood Pressure Self-Monitoring
- 10:15-11:00pm Chair Yoga
- 11:15-12:15pm Enhance Fitness for Arthritis
- 2:00-3:00pm WISE Cardio Jam
- 5:00-6:00pm Yoga
- 7:00-7:45pm Zumba

Virtual Programs

- 9:00-10:00am Yoga
- 10:15-11:00am Chair Yoga
- 12:30-1:15pm SilverSneakers
- 2:00-3:00pm WISE Cardio Jam
- 5:00-6:00pm Yoga

COMMUNITY HEALTH FAIR
Wellness Center Branch
10:00-1:00pm

Join our Community Partners!

Atlantic Health
EGGLRock Nutrition
Food Bank of NJ
Rotary Club of Union
Sharing Network
Rutgers Medical
Union Pharmacy
Rahway Branch
Humana
United Healthcare



THE GATEWAY FAMILY YMCA
www.tgfymca.org/events

