



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## SOMERSET HILLS YMCA | ACTIVE OLDER ADULTS DROP IN SCHEDULE JULY 2016

CONTACT: QAADIR POLLARD, WELLNESS DIRECTOR, [QPOLLARD@SOMERSETCOUNTYYMCA.ORG](mailto:QPOLLARD@SOMERSETCOUNTYYMCA.ORG) (908)766-7898 EXT: 512

**FEES:** Free with membership  
Potential members \$30 per month from the 1<sup>st</sup> to the end of the month.

*Programs subject to change*

**Every Tuesday & Thursday 9:30am-10:30am Water Exercise**

*(See aquatics schedule for specific times)*

**11:00am-2:00pm Wellness Activities**

Enjoy the wellness center

**Thursdays ONLY  
10:50am-11:50am  
Strength & Balance**

**Tuesdays ONLY  
11:00am-11:30am  
Kinesis  
*please sign up***

Updated 6/30/16

Monday	Tuesday	Wednesday	Thursday	Friday
<b>7/4</b> AOA Conditioning 11:00-12:00pm Riverwalk	<b>7/5</b> <b>10:00</b> Cards and Games <b>11:00</b> Kinesis w/Ginny <b>11:00</b> Stampin' Up w/ Brenda <b>12:30pm</b> Zumba Gold	<b>7/6</b> AOA Conditioning 11:15-12:15pm Riverwalk	<b>7/7</b> <b>10:00</b> Cards and Games <b>10:50</b> Strength & Balance <b>11:45</b> Beginner Spin <b>12:00pm</b> Book Club	<b>7/8</b> AOA Conditioning 11:00-12:00pm Riverwalk
<b>7/11</b> AOA Conditioning 11:00-12:00pm Riverwalk	<b>7/12</b> <b>10:00</b> Cards and Games <b>11:00</b> Kinesis w/Ginny <b>11:00</b> Hydrate vs. Liquid Calories w/Allie <b>12:30pm</b> Zumba Gold	<b>7/13</b> AOA Conditioning 11:15-12:15pm Riverwalk	<b>7/14</b> <b>10:00</b> Cards and Games <b>10:50</b> Strength & Balance <b>11:45</b> Beginner Spin	<b>7/15</b> AOA Conditioning 11:00-12:00pm Riverwalk
<b>7/18</b> AOA Conditioning 11:00-12:00pm Riverwalk	<b>7/19</b> <b>10:00</b> Cards and Games <b>11:00</b> Kinesis w/Ginny <b>11:30</b> Discussions w/Helen <b>12:30pm</b> Zumba Gold	<b>7/20</b> AOA Conditioning 11:15-12:15pm Riverwalk	<b>7/21</b> <b>10:00</b> Cards and Games <b>10:50</b> Strength & Balance <b>11:45</b> Beginner Spin	<b>7/22</b> AOA Conditioning 11:00-12:00pm Riverwalk
<b>7/25</b> AOA Conditioning 11:00-12:00pm Riverwalk	<b>7/26</b> <b>10:00</b> Cards and Games <b>11:00</b> Kinesis w/Ginny <b>12:30pm</b> Zumba Gold	<b>7/27</b> AOA Conditioning 11:15-12:15pm Riverwalk	<b>7/28</b> <b>10:00</b> Cards and Games <b>10:50</b> Strength & Balance <b>11:45</b> Beginner Spin	<b>7/29</b> AOA Conditioning 11:00-12:00pm Riverwalk

SOMERSET HILLS YMCA | 140 Mt. Airy Rd., Basking Ridge, NJ 07920 | (P) 908 766 7898 | (F) 908 766 8288 | [www.somersetcountyyymca.org](http://www.somersetcountyyymca.org)

The Y is the nation's leading nonprofit committed to strengthening the community through youth development, healthy living and social responsibility. At Somerset County YMCA, we believe everyone, regardless of age, income or background, should have the opportunity to learn, grow and thrive. For information about Somerset County YMCA and financial assistance, visit us at [www.somersetcountyyymca.org](http://www.somersetcountyyymca.org).