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DAY

May 13, 2016



ACTIVE TOGETHER

SENIOR WELLNESS DAY *

MAY 13, 2016 - 11:00 AM - 2:30 PM

TIME	ACTIVITY	PLACE
11:00 - 11:30 AM	Registration and blood pressure monitoring	Child Care Room
11:30 AM - 12:45 PM	Lunch and Speaker	Child Care Room
12:45 - 1:00 PM	Stretch exercise with Diana	Child Care Room
1:00 - 1:30 PM	Tai Chi OR Melt	Group ExStudio Child Care Room
1:30 - 2:00 PM	Functional Fitness OR Move & Groove	Group ExStudio Child Care Room
2:00 - 2:30 PM	Enhance Fitness OR Chair Yoga	Group ExStudio Child Care Room

*Register with Diana Vita, ext 211 or diana@ryeymca.org OR Penny Cozza, ext 201 or penny@ryeymca.org

FREE GIVE AWAYS!