

Y At your YMCA...

Active Older Adults Day

May 27th, 2004 • 8:00-5:00pm

*** FREE FOR ALL PEOPLE 50+ YEARS OLD ***

PLEASE COME PLAY AT THE YMCA

SPECIAL EVENTS 9:00 - 2:00PM

9:30 - 11:00am **Blood Pressure Check**

11:30 - 12:15pm **Chair Massage**

12:10 - 1:00pm **Lunch Talk, Topic "Aromatherapy"**

1:00 - 2:00pm **Chair Massage**

CLASSES OFFERED 9:00 - 2:30PM

8:00 - 9:00am **Tai Chi**

9:00 - 10:00am **Deep Water Aerobics**

9:00 - 10:00am **Hatha Yoga**

10:30 - 12:00pm **Strength & Stretch**

11:30 - 12:15pm **Arthritis Fitness**

1:30 - 2:30pm **Functional Fitness**

EUGENE FAMILY YMCA

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