



SENIOR Group & Activities Schedule

MAY 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 May Day	2	3
				7-9am-P.ball 9:15-9:55am: SS Chair Yoga 10-10:30am: FW Strength Circuit 10am- Pickleball	7-9am-P.ball 8-8:55am: Aquanastics 10-10:35am: Drum Fit 10am- Pickleball	
4	5	6	7	8	9	10
	7-9am-P.ball 8-8:55am: Aquanastics 10-10:45am: SS Classic 10am- Pickleball	7-9am-P.ball 9:15-9:55am: SS Chair Yoga 10-10:35am: Drum Fit 10-10:30am: FW Strength Circuit 10am- Pickleball	7-9am-P.ball Worthington Senior Expo: Events Center: 7am-1pm 8-8:55am: Aquanastics 10-10:45am: SS Classic 10am- Pickleball	7-9am-P.ball 9:15-9:55am: SS Chair Yoga: 10-10:30am: FW Strength Circuit 10am- Pickleball 6-7:00pm: Aqua ZUMBA	7-9am-P.ball 8-8:55am: Aquanastics 10-10:35am: Drum Fit 10am- Pickleball	8:30-9:30am: Aqua ZUMBA
11	12	13 Election Site	14	15	16	17
	7-9am-P.ball 8-8:55am: Aquanastics 10-10:45am: SS Classic 10am- Pickleball	7-9am-P.ball 9:15-9:55am: SS Chair Yoga: 10-10:35am: Drum Fit 10-10:30am: FW Strength Circuit 10am- Pickleball	7-9am-P.ball 8-8:55am: Aquanastics 10-10:45am: SS Classic 10am-12pm: Pickleball Workshop 10am- Pickleball	7-9am-P.ball 9:15-9:55am: SS Chair Yoga 10-10:30am: FW Strength Circuit 10am- Pickleball 6-7:00pm: Aqua ZUMBA	7-9am-P.ball 8-8:55am: Aquanastics 10-10:35am: Drum Fit 10am-12pm: Pickleball Workshop 10am- Pickleball	8:30-9:30am: Aqua ZUMBA 
18	19	20	21	22	23	24
	7-9am-P.ball 8-8:55am: Aquanastics 10-10:45am: SS Classic 10am- Pickleball 11am-12pm: Active Agers Task Force	7-9am-P.ball 9:15-9:55am: SS Chair Yoga 10-10:35am: Drum Fit 10-10:30am: FW Strength Circuit 10am- Pickleball	7-9am-P.ball 8-8:55am: Aquanastics 10-10:45am: SS Classic 10am- Pickleball	7-9am-P.ball 9:15-9:55am: SS Chair Yoga 10-10:30am: FW Strength Circuit 10am- Pickleball 6-7:00pm: Aqua ZUMBA	7-9am-P.ball 8-8:55am: Aquanastics 10-10:35am: Drum Fit 10am- Pickleball	8:30-9:30am: Aqua ZUMBA
25	26	27	28	29	30	31
	 *MEMORIAL DAY* YMCA CLOSED in observance of Memorial Day	7-9am-P.ball 9:15-9:55am: SS Chair Yoga 10-10:35am: Drum Fit 10-10:30am: FW Strength Circuit 10am- Pickleball	7-9am-P.ball 8-8:55am: Aquanastics National Senior Health & Fitness Day: JBS Field House Tour: 10-11am 10am- Pickleball	7-9am-P.ball 9:15-9:55am: SS Chair Yoga 10-10:30am: FW Strength Circuit 10am- Pickleball 6-7:00pm: Aqua ZUMBA	7-9am-P.ball 8-8:55am: Aquanastics 10-10:35am: Drum Fit 10am- Pickleball	8:30-9:30am: Aqua ZUMBA 