



SENIOR Y DAY

- SENIORS GET INTO THE YMCA FOR FREE LAST FRIDAY OF EVERY MONTH FOR THE NEXT YEAR!
- ACCESS TO ALL AMENITIES AT THE YMCA!
- GUEST SPEAKER: 9:45AM-10:15AM
- THE YMCA IS PROVIDING A SPECIFIC GROUP FITNESS SCHEDULE WITH CLASSES LIKE:
 - TAI CHI
 - CHAIR YOGA
 - GET FIT
 - AQUATIC CLASSES
 - AND MORE!
 - VIEW SCHEDULE ON THE BACK
- STARTING IN JUNE!

GUEST SPEAKER

TOPIC: LOWERING BLOOD
PRESSURE WITHOUT MEDICATION
TIME: 9:45AM-10:15AM
DATE: 6/30/23



JOHN RENZI, MD



SIU MEDICINE
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the **SENIOR Y DAY**

SENIOR FITNESS DAY

IN AEROBICS STUDIO:

- 5:45AM – 6:30AM YOGA
- 8:00AM-8:45AM TAI CHI
- 8:45AM-9:30AM GET FIT
- 9:45AM-10:15AM GUEST SPEAKER
- 10:30AM-12:00PM FIT TO FIGHT
- 12:15PM-1:00PM GENTLE YOGA

ENJOY THE USE OF THE
HOT TUB, STEAM ROOM
OR SAUNA DURING YOUR
VISIT.

IN THE POOL:

- 7:30AM-8:30AM AQUA AEROBICS
- 8:30AM-9:30AM WATER VOLLEYBALL
- 9:30AM-10AM LAP SWIM
- 1:30PM-2:30PM AQUA ACTIVE



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