



# NATIONAL SENIOR HEALTH & FITNESS DAY®



**WEDNESDAY,  
MAY 25, 2022  
9 A.M. – 3 P.M.**

Free in-person and virtual events

> [bit.ly/seniorday22](https://bit.ly/seniorday22)

Participants receive a 1-week pass to the YMCA of their choice, and 1-week virtual pass to SCAN.

CELEBRATING

**OLDER AMERICANS MONTH**



AGE MY WAY: MAY 2022

WITH OUR PARTNERS:



Hackensack Meridian Health



Senior Citizens Activities Network (SCAN), YMCA of Greater Monmouth County and Ocean County YMCA are welcoming Seniors age 55 and older to share a day of good health!

TIMES	FREEHOLD	OLD BRIDGE	RED BANK	OCEAN COUNTY	SCAN
9:00 A.M.	Aqua Fit	Aqua Bootcamp	Aqua Fit	Aqua Fit	VIRTUAL Morning Stretch
10:00 A.M.	<ul style="list-style-type: none"> <li>Yoga Flow</li> <li>Beacon of Life Art Class</li> </ul>	Chair Yoga	<ul style="list-style-type: none"> <li>Senior Fitness</li> <li>Beacon of Life Art Class</li> </ul>	Chair Yoga	VIRTUAL Strong Body Strong Bones
11:00 A.M.	Senior Fitness	Barre	Zumba	Ageless Bootcamp	VIRTUAL Chair Yoga
12:00 P.M.	Lunch / Social / Atlantic PT Balance Workshop				
1:00 P.M.	See Virtual	See Virtual	See Virtual	See Virtual	VIRTUAL/YMCA Mindfulness Workshop
2:15 P.M.					Line Dancing Monmouth Mall

Register online > [bit.ly/seniorday22](https://bit.ly/seniorday22)

[info@ymcanj.org](mailto:info@ymcanj.org)

**FREEHOLD FAMILY YMCA**  
470 East Freehold Road  
Freehold, NJ 07728  
732.462.0464

**OLD BRIDGE FAMILY YMCA**  
1 Mannino Park Drive  
Old Bridge, NJ 08857  
732.727.0704

**RED BANK FAMILY YMCA**  
166 Maple Avenue  
Red Bank, NJ 07701  
732.741.2504

**OCEAN COUNTY YMCA**  
1088 W Whitty Road  
Toms River, NJ 08755  
732.341.9622

**SCAN AT MONMOUTH MALL**  
180 Route 35 South  
Eatontown, NJ 07724  
732.542.1326