

NATIONAL SENIOR HEALTH & FITNESS DAY[®]



**WEDNESDAY,
MAY 31, 2023
9 A.M. – 12 P.M.**

Free in-person events

Participants receive a 1-week pass to the YMCA GMC of their choice.

This free event is partially funded by the Monmouth County Suicide Prevention Grant.

YMCA of Greater Monmouth County and Ocean County YMCA are welcoming Seniors to share a day of good health!

FREEHOLD	RED BANK	OLD BRIDGE	OCEAN COUNTY
8:30 A.M. Arm & Dangerous	9:00-10:00 A.M. Strength & Balance (Studio 2)	8:00 A.M. Aqua Zumba	8:00 A.M. Ageless Bootcamp
9:00 A.M. ▶ Total Body Abs ▶ Aqua Fit	10:00-10:45 A.M. Senior Fit (Gym)	9:00 A.M. Aqua Bootcamp	9:00 A.M. Aqua Fit
10:00 A.M.-12:00 P.M. Receive a chair massage (first come, first served)	10:00 A.M.-12:00 P.M. Receive a chair massage (first come, first served)	9:30 A.M. Chair Yoga	10:00 A.M. Chair Yoga
10:00 A.M. ▶ Deep H2O ▶ Yoga Flow ▶ Kickboxing	11:00 A.M.-12:00 P.M. Gentle Yoga (Studio 1)	10:00 A.M.-12:00 P.M. Receive a chair massage (first come, first served)	
10:30 A.M. Senior Fitness	11:30 A.M. The Up Side of Down: Tips for Successful Aging (30-minute workshop)	10:00 A.M. Pilates	
11:00 A.M. Barre		11:00 A.M. Zumba	
11:30 A.M. ▶ Senior Fitness ▶ The Up Side of Down: Tips for Successful Aging (30-minute workshop)		12:00 P.M.-12:45 P.M. Fall Prevention Workshop	
	RED BANK Nutritional Series with Y360 & Brain Games: Teen Zone	9:00-9:15 A.M. Mindful Eating	10:30-10:45 A.M. Incorporating Quality Carbohydrates
		9:30-9:45 A.M. Better Beverages	11:00-11:15 A.M. Incorporating Quality Proteins
		10:00-10:15 A.M. What to Eat Before or After a Workout	11:30-11:45 A.M. Nutrition & Mental Health

info@ymcanj.org

CELEBRATING



AGING UNBOUND: MAY 2023

WITH OUR PARTNERS:



LUNCH PROVIDED BY:



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

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