



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

September 2019 AOA Calendar

SUN.	MON.	TUE.	WED.	THUR.	FRI.	SAT.
	12:15 PM Active Ease Back Care at Kerr 1:30 PM Member Social at the Kerr	10 AM AOA Fitness at Kerr 4 PM Gentle Yoga at Kerr	9 AM Circuit Training AOA at Outdoor GYM 10 AM Chair Yoga at Main 12:15 PM Active Ease Back Care at Kerr 1:30 PM Silver Sneakers at Kerr	10 AM AOA Fitness at Kerr 4 PM Gentle Yoga at Kerr	7 AM Walk With A Trainer at Outdoor GYM 9:30 AM Chair Yoga at Main	9 AM Active Ease Back Care at Kerr 1:30 PM Silver Sneakers at Kerr

Member Socials:

1st Monday- "Let's Dance!" We could be line dancing or Belly Dancing. Dancing in general and having fun doing it.

2nd Monday- "Let's PLayer!" Inside games at the Kerr Center.

3rd Monday- "Let's Be Creative!" This could be music, cooking, painting, or dancing.

4th Monday- Anniversary/Birthday Celebrations!

5th Monday- Bingo with prizes!

Bastrop YMCA Family Branch | 512.321.9622 | www.BastropYMCA.org | Facebook:
AustinYMCA.Bastrop

Locations: Pool- 100 Park Rd 1A

Kerr Center- 1308 Walnut St

Main- 1112 Main St.

Outdoor GYM is located at Bob Bryant Park (600 Charles Ave)