

# JOIN YOUR FRIENDS AT THE Y



## ACTIVE & AGELESS



The Geneva YMCA and the City of Geneva partner on a senior gold program for City of Geneva residents 65 years of age or older. Seniors have access to the Geneva YMCA Monday, Wednesday and Fridays from 9 AM to 12 noon only. One aquatics class and one aerobics class is scheduled for each of these days for a total of six free classes per week. Additionally, city residents have complete access to the Y's Fitness Center, Cardio Room and pool during this time. The program is funded by the City of Geneva and is free for qualified residents. Gold Card program cards can be obtained by completing an application at the Geneva YMCA and by providing a driver's license or City tax bill.

## SOMETHING FOR EVERYONE

The Geneva Y has classes and activities for all fitness levels and interests including:

- Cardio & Weight Training Equipment
- Yoga & Pilates Classes
- Silver Sneakers Classic
- Silver Sneakers Cardio Circuit
- Silver Sneakers Yoga
- Open Swim & Lap Swimming in the Pool
- AquaFit Classes
- Water Exercise Classes
- Zumba Gold
- Finger Lakes Health Chat & Snack Presentations
- Senior Lunch Outings & Coffee Breaks



OPPORTUNITY IS LIMITED SO CONTACT US TODAY  
@ The Geneva Family YMCA 315-789-1616

