

JOIN YOUR FRIENDS AT THE Y



ACTIVE & AGELESS

The Geneva YMCA in **partnership** with the Town of Geneva is offering Senior Residents of the Town, age 65 or older, the opportunity to **benefit from using the YMCA** through our **Senior Punch Card Program completely FREE of Charge!** Punch cards are good for **12 visits to the YMCA over the period of 1 year.**



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

