

# ACTIVE OLDER ADULTS FITNESS FESTIVAL 2025



## Celebrate Active Older Adults on May 28

Join us for the 2025 Active Older Adults Fitness Festival on Wednesday, May 28, from 9am to 12:30pm! Older adults can enjoy a free morning of fitness, fun, and community with classes for all levels that support body, mind, and spirit.

### What to Expect:

- Pop-Up Fitness Classes: Tai Chi, chair yoga, dance fitness, water aerobics & more
- Games & Social Time: Refreshments, puzzles, and cards
- Prize Drawings: Every class you join is a chance to win!



## EVENT SCHEDULE

### 9 – 9:30am

- Pickleball 101 (Gym)
- Balance Class (Studio 2)
- Weight Room Orientation (Meet by 3rd floor staircase)

### 9:45 – 10:15am

- Pickleball 101 (Gym)
- Social Cycling (Studio 2)

### 10:05 – 11:05 AM

- Water Aerobics (Large Pool)

### 10:30 – 11am

- Dance Fitness (Studio 1)
- Strength Class (Studio 2)

### 11:15 – 11:45am

- Tai Chi (Studio 1)
- Chair Yoga (Studio 2)

### Noon – 12:30pm

- Weight Room Orientation (Meet by 3rd floor staircase)

**Wednesday, May 28, 9am to 12:30pm | FREE!**



**WHATCOM FAMILY YMCA**  
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