

Inspiring Wellness



Active Aging Week

September 24 – 28, 2018

BOB HOFFMAN BRANCH YMCA

Mon. – 10:30 a.m. Relay Race Fun

Tues. – 8:00 a.m. Rite-Aid Flu Clinic
(Register at front desk)

Wed. – 9:00 a.m. til 10:30 a.m.

Pivot Physical Therapy Screening

Thurs. – 9:15 a.m. SilverSneakers Yoga

10:15 a.m. SilverSneakers Classic

Fri. – 11:30 a.m. Bingo and Potluck

Luncheon at (Sign-up at front desk)



SilverSneakers® Open House

Thurs. Sept. 20, 2018 10 a.m. – Noon

Insurance representatives will be present at the Bob Hoffman Branch YMCA to speak with members and answer questions. Come tour our facility, relax your tensions away in our SilverSneakers® Yoga class at 9:15 a.m. or gain strength and flexibility in our SilverSneakers® Classic class at 10:30 a.m.! Register at the membership desk today!



Pivot Therapy Functional Movement Screening

On Wednesday, September 26th, a physical therapist from Pivot Physical Therapy will be at the Dover Branch YMCA beginning at 9 a.m. to conduct free functional movement screenings, which consist of 7 fundamental movements used to assess an individual's ability to move efficiently without limitation. Pre-register for this event at the membership desk or online at <http://apm.activecommunities.com/yorkcoymca/Activity Search/6471>.



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