




























# AUGUST 2025

## MARYSVILLE FAMILY YMCA SENIOR CALENDAR

MONDAY	TUESDAY	WEDNESDAY
<div><b>Water Fitness with Connie</b> <b>7:30–8:30 am</b> Pool (max 45)</div> <div><b>Chair Yoga with Leah</b> <b>9:15–10:15 am</b> Gym</div> <div><b>AOA Basketball Pickup</b> <b>10:30–Noon</b> Gym</div> <div><b>Forever Fit with Connie</b> <b>12:15–1:15 pm</b> Gym</div>	<div><b>Forever Fit with Teresa R.</b> <b>8–8:45 am</b> Main Studio</div> <div><b>Pickleball</b> <b>8–11 am Full Gym</b> 11am–12pm Half Gym</div> <div><b>Water Fitness with Teresa M.</b> <b>12:15– 1:15pm</b> Pool (max 45)</div> <div><b>Coffee &amp; Connections</b> <b>1:15–2:15 pm</b> Lobby</div>	<div><b>Water Fitness with Connie</b> <b>7:30–8:30 am</b> Pool (max 45)</div> <div><b>Chair Yoga with Kimi</b> <b>9:15–10:15 am</b> Gym</div> <div><b>AOA Basketball Pickup</b> <b>10:30–Noon</b> Gym</div> <div><b>Forever Fit with Connie</b> <b>12:15–1:15 pm</b> Gym</div> <div><b>Natural Disaster Training</b> 8/9 1:30–3pm Teen Center</div>
THURSDAY	FRIDAY	
<div><b>Forever Fit with Teresa R.</b> <b>8–8:45 am</b> Main Studio</div> <div><b>Pickleball</b> <b>8–11 am Full Gym</b> 11 am–Noon Half Gym</div> <div><b>Outdoor Fitwalks</b> <b>9–10 am</b> See flyer for weekly location</div> <div><b>Water Fitness with Teresa</b> <b>12:15– 1:15pm</b> pool (45 max)</div>	<div><b>Water Fitness with Connie</b> <b>7:30–8:30 am</b> Pool (max 45)</div> <div><b>Pickleball</b> <b>8–10:15 am Full Gym</b> 10:15 am–Noon Half Court</div> <div><b>Coffee &amp; Connections</b> <b>9–10 am</b> Lobby</div> <div><b>AOA Basketball Pickup</b> <b>10:30–Noon</b> Gym</div> <div><b>Forever Fit with Connie</b> <b>12:15–1:15 pm</b> Gym</div> <div><b>Tai Chi with Alex</b> <b>6:30–7:30 pm</b> Main Studio</div>	<div><b>Check out monthly activity flyers on the Information Grid above the Coffee Bar in the lobby</b></div> <div><b>SEE BACK FOR SPECIAL EVENTS</b> </div>



# AUGUST 2025

## MARYSVILLE FAMILY YMCA SENIOR CALENDAR

### ★ ★ SPECIAL EVENTS ★ ★

FRIDAY 8/9	WEDNESDAYS	THURSDAYS	TUESDAYS AND FRIDAYS
Natural Disaster Training 1:30pm Location: Marysville Branch	Mahjong Game 1:20 pm Location : Lobby	Outdoor Fitwalks Check Flyer for location 9 am: Meet at locations posted on flyer	Senior Coffee Connections Tuesdays 1:15- 2:15pm Fridays 9- 10 am Location: Lobby
TUESDAY AND THURSDAY			
Dog Walk 8/5 & 8/19 9:00am Harborview Park Location: Meet in Parking Lot			



#### PICKLEBALL

Pickleball combines the sport of Badminton, tennis and Ping-Pong. The rules are simple and the game is easy for anyone to catch on fast.



#### GROUP EXERCISE

Multiple formats offered to accommodate a wide range of ability levels on land. Pick up a group exercise schedule for more detailed descriptions of each class.



#### WATER FITNESS

Water Fitness offers a fun, upbeat, low-impact workout to get the heart pumping and blood flowing throughout the body while exercising in the water. It is not only aerobic, but also strength-training oriented due to the water resistance.



#### COFFEE & CONNECTIONS

Enjoy a complimentary cup of coffee while meeting new friends and socially connecting with your fellow class participants and members of your YMCA.



#### POTLUCK

A quarterly Senior event. Bring food or drink to share and engage in a fun and delicious community engagement.



#### SPECIAL EVENT

Events that vary each week or month to serve the interest and hobbies of our senior members. Do you have a special event you would like to see the YMCA host? Contact Danielle Bowen, [Dbowen@ymca-snoco.org](mailto:Dbowen@ymca-snoco.org)



#### AOA BASKETBALL

Drop-in basketball time offers a milder form of the game we all love in a fun and supportive environment exclusively offered for YMCA members over the age of 60.