



NOVEMBER 2025

MUKILTEO FAMILY YMCA SENIOR CALENDAR

MONDAY	TUESDAY	WEDNESDAY
 Water Fitness w/Carolyn 7:30-8:30 am Pool  Pickelball 7 am-1:30 pm* Gym  Coffee & Connections 8:45-9:45 am Lobby  Chair Yoga w/Karen 11:30-12:15 pm W2	 Water Fitness w/Leslee 7:30-8:30 am Pool  Pickelball 7 am-1:30 pm* Gym  Coffee & Connections 8:45-9:45 am Lobby  Forever Fit w/Karen 11:30-12:15 pm W2	 Water Fitness w/Leslee 7:30-8:30 am Pool  Pickelball 7 am-1:30 pm* Gym  Coffee & Connections 8:45-9:45 am Lobby  Chair Yoga w/Sarah 11:30-12:15 pm W2  FitWalk to Tapped November 12 12:15
THURSDAY	FRIDAY	SATURDAY
 Water Fitness w/Leslee 7:30-8:30 am Pool  Pickelball 7 am-1:30 pm* Gym  Forever Fit w/David 11:30-12:15 am W2	 Water Fitness w/Carolyn 7:30-8:30 am Pool  Pickelball 7 am-1:30 pm* Gym  Coffee & Connections 8:45-9:45 am Lobby  Zumba Gold w/Szu 10:15-11:15 am W2  TRX w/David 11:30 am-12:15 pm W2  Chair Yoga w/Ashley/Cara 12:30 -1:15 pm W2	SUNDAY SEE BACK FOR SPECIAL EVENTS 



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★ ★ SPECIAL EVENTS ★ ★

FitWalk

Wednesday, November 12-12:15 pm

Walk to Tapped Mukilteo for lunch (1 mile walk in total) – meet by the front desk. Each person covers their own food & drinks while we connect together in a room reserved for us!

*Pickleball hours subject to change. On non-school days, pickleball will need to end or move to half court at 10 am

**Registration Required



PICKLEBALL

Join in the fun and participate in the fastest growing sport in the nation! The game of 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 once-a-month event for Seniors. 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? Come to an event and talk to our Senior program leaders.



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.