



JANUARY 2026

MARYSVILLE FAMILY YMCA
SENIOR CALENDAR

MONDAY	TUESDAY	WEDNESDAY
Water Fitness with Connie 7:30-8:30 am Pool (max 45)	Basic Strength & Tone with Teresa R. 8-8:45 am Main Studio	Water Fitness with Connie 7:30-8:30 am Pool (max 45)
Chair Yoga with Leah 9:15-10:15 am Gym	Pickleball 8-11 am Full Gym 11am-12pm Half Gym	Chair Yoga with Kimi 9:15-10:15 am Gym
AOA Basketball Pickup 10:30-Noon Gym	Water Fitness with Teresa M. Noon-1 pm Pool (max 45)	AOA Basketball Pickup 10:30-Noon Gym
Forever Fit with Connie 12:15-1:15 pm Gym	Coffee & Connections 1:15-2:15 pm Lobby	Forever Fit with Connie 12:15-1:15 pm Gym
		Game Day Get Together Card Games - 1/14 1:15-2:15 pm Teen Center
THURSDAY	FRIDAY	
Basic Strength & Tone with Teresa R. 8-8:45 am Main Studio	Water Fitness with Connie 7:30-8:30 am Pool (max 45)	Check out monthly activity flyers on the Information Grid above the Coffee Bar in the lobby
Pickleball 8-11 am Full Gym 11 am-Noon Half Gym	Pickleball 8-10:15 am Full Gym 10:15 am-Noon Half Court	
Outdoor Fitwalks 9:30-10:30 am See flyer for weekly location	Coffee & Connections 9-10 am Lobby	
Water Fitness with Teresa Noon-1 pm pool (45 max)	AOA Basketball Pickup 10:30-Noon Gym	
	Forever Fit with Connie 12:15-1:15 pm Gym	
	Tai Chi with Alex 6:30-7:30 pm Main Studio	
		SEE BACK FOR SPECIAL EVENTS



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★ ★ SPECIAL EVENTS ★ ★

WEDNESDAY 1/14	MONDAY 1/19	WEDNESDAY 1/28	FRIDAY 1/30
Monthly Card Game 1:15-2:15 pm Location: Teen Center	Senior Event Planning 1:15-2:15 pm Location: Lobby	Book Club Meet 1:15- 2:15 pm Location: Fireside Room	Potluck 1:30-2:30 pm Location: Pilchuck Room
MONDAYS	TUESDAYS AND FRIDAYS	WEDNESDAYS	THURSDAYS
Mexican Train Dominos 1:15 pm Location: Lobby	Senior Coffee Connections Tuesdays 1:15-2:15 pm Fridays 9-10 am Location: Lobby	Mahjong Game 1:20 pm Location: Lobby	Outdoor Fitwalks Check Flyer for location 9:30 am: Meet at location posted on flyer



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



SPECIAL EVENT



AOA BASKETBALL

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

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

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.