

























# JANUARY 2026

## MONROE/SKY VALLEY FAMILY YMCA SENIOR CALENDAR



MONDAY	TUESDAY	WEDNESDAY
<div><b>Pickleball 7-11 am</b> Gym</div> <div><b>Yoga with Stephanie 8:15-9:15 am</b> Group Ex Rm #1</div> <div><b>Chair Yoga w/Stephanie 9:45-10:30 am</b> Group Ex Rm #2</div> <div><b>Water Fitness with Jen 11 am-Noon</b> Pool</div>	<div><b>Water Fitness with Megan 7:45-8:45 am</b> Pool</div> <div><b>Basic Strength and Tone with Stephanie: 8:15-9:15 am</b> Group Ex Rm #1</div> <div><b>Forever Fit with Claire 10:45-11:45 am</b> Gym</div> <div><b>Water Fitness with Megan 11 am-Noon</b> Pool</div>	<div><b>Pickleball 7-11 am</b> Gym</div> <div><b>Chair Yoga with Heather 8:30-9:15 am</b> Group Ex Rm #2</div> <div><b>Coffee &amp; Connections 9-11 am</b> Lobby</div> <div><b>Water Fitness with Jen 11 am-Noon</b> Pool</div>
THURSDAY	FRIDAY	NEWS
<div><b>Water Fitness with Megan 7:45-8:45 am</b> Pool</div> <div><b>Basic Strength and Tone with Stephanie: 8:15-9:15 am</b> Group Ex Rm #1</div> <div><b>Yoga with Denise 10:45-11:45 am</b> Group Ex Rm #1</div> <div><b>Forever Fit with Claire 10:45-11:45 am</b> Gym</div> <div><b>Water Fitness with Megan 11 am-Noon</b> Pool</div>	<div><b>Pickleball 7-11 am</b> Gym</div> <div><b>Water Fitness with Chyanne 11 am-Noon</b> Pool</div>	<div> <b>The Y opens at 8 am Jan. 1</b> <b>No early morning classes</b></div>
		SUNDAY
		<div><b>Pickleball 10 am-Noon</b> Gym</div> <div><b>SEE BACK FOR SPECIAL EVENTS</b> </div>



# JANUARY 2026

## MONROE SKY VALLEY FAMILY YMCA SENIOR CALENDAR

### ★ ★ SPECIAL EVENTS ★ ★

	WEDNESDAYS	FRIDAY JAN. 16TH
	<b>Coffee and Connections</b> 9-11 am in the Lobby 	<b>Senior Potluck</b> 12:30-2 pm Group Ex Rm #1 
<b>MONDAY JAN. 26TH</b>		
<b>Senior Advisory Committee</b> 11 am Club Rm #1 ★		



#### 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 in class studios. 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 good time!



#### 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.