



JANUARY 2026

MONROE/SKY VALLEY FAMILY YMCA SENIOR CALENDAR

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



JANUARY 2026

MONROE SKY VALLEY FAMILY
YMCA SENIOR CALENDAR



SPECIAL EVENTS



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



SPECIAL EVENT

A once-a-month event for Seniors. Bring food or drink to share and engage in a fun and delicious community good time!

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.