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MARYSVILLE FAMILY YMCA SENIOR CALENDAR

MONDAY	TUESDAY	WEDNESDAY
<p> Water Fitness with Connie 7:30–8:30 am Pool (max 45)</p> <p> Chair Yoga with Leah 9:15–10:15 am Gym</p> <p> AOA Basketball Pickup 10:30–Noon Gym</p> <p> Forever Fit with Connie 12:15–1:15 pm Gym</p> <p> Drop-in Beginner Pickleball (Half Court) 1:30– 3:15 pm</p>	<p> Basic Strength & Tone with Teresa R. 8–8:45 am Main Studio</p> <p> Pickleball 8–11 am Full Gym 11am–12pm Half Gym</p> <p> Water Fitness with Teresa M. Noon–1 pm Pool (max 45)</p> <p> Coffee & Connections 1:15–2:15 pm Lobby</p>	<p> Water Fitness with Connie 7:30–8:30 am Pool (max 45)</p> <p> Chair Yoga with Kimi 9:15–10:15 am Gym</p> <p> AOA Basketball Pickup 10:30–Noon Gym</p> <p> Forever Fit with Connie 12:15–1:15 pm Gym</p> <p> Drop-in Beginner Pickleball (Half Court) 1:30– 3:15 pm</p>
THURSDAY	FRIDAY	
<p> Basic Strength & Tone with Teresa R. 8–8:45 am Main Studio</p> <p> Pickleball 8–11 am Full Gym 11 am–Noon Half Gym</p> <p> Outdoor Fitwalks 9:30–10:30 am See flyer for weekly location</p> <p> Water Fitness with Teresa Noon–1 pm pool (45 max)</p>	<p> Water Fitness with Connie 7:30–8:30 am Pool (max 45)</p> <p> Pickleball 8–10:15 am Full Gym 10:15 am–Noon Half Court</p> <p> Coffee & Connections 9–10 am Lobby</p> <p> AOA Basketball Pickup 10:30–Noon Gym</p> <p> Forever Fit with Connie 12:15–1:15 pm Gym</p> <p> Tai Chi with Alex 6:30–7:30 pm Main Studio</p>	<p> Stroke Awareness Seminar – 4/10 1:30–2:30 pm Pilchuck Room</p> <p> Check out monthly activity flyers on the Information Grid above the Coffee Bar in the lobby</p>
		<p>SEE BACK FOR SPECIAL EVENTS </p>



★ ★ SPECIAL EVENTS ★ ★

FRIDAY 4/10	WEDNESDAY 4/15	MONDAY 4/20	WEDNESDAY 4/29
Stroke Awareness Seminar by Providence 1:30- 2:30 pm Location: Pilchuck Room	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
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 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

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



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.