


























APRIL 2026

MONROE/SKY VALLEY FAMILY YMCA SENIOR CALENDAR





MONDAY	TUESDAY	WEDNESDAY
<p> Pickleball 7-11 am Gym</p> <p> Yoga with Stephanie 8:15-9:15 am Group Ex Rm #1</p> <p> Chair Yoga w/Stephanie 9:45-10:30 am Group Ex Rm #2</p> <p> Water Fitness with Chyanne 11 am-Noon Pool</p>	<p> Water Fitness with Megan 7:45-8:45 am Pool</p> <p> Basic Strength and Tone with Stephanie: 8:15-9:15 am Group Ex Rm #1</p> <p> Forever Fit with Claire 10:45-11:45 am Gym</p> <p> Water Fitness with Megan 11 am-Noon Pool</p>	<p> Pickleball 7-11 am Gym</p> <p> Chair Yoga with Heather 8:30-9:15 am Group Ex Rm #2</p> <p> Coffee & Connections 9-11 am Lobby</p> <p> Water Fitness with Claire 11 am-Noon Pool</p>
THURSDAY	FRIDAY	SATURDAY
<p> Water Fitness with Megan 7:45-8:45 am Pool</p> <p> Basic Strength and Tone with Stephanie: 8:15-9:15 am Group Ex Rm #1</p> <p> Yoga with Denise 10:45-11:45 am Group Ex Rm #1</p> <p> Forever Fit with Claire 10:45-11:45 am Gym</p> <p> Water Fitness with Megan 11 am-Noon Pool</p>	<p> Pickleball 7-11 am Gym</p> <p> Water Fitness with Chyanne 11 am-Noon Pool</p>	<p> Yoga with Amiya 8-9am Group Ex Rm #1</p>
		SUNDAY
		<p> Pickleball 10 am-Noon Gym</p> <p> Yoga with Amiya 10:15-11:15 am Group Ex Rm #1</p> <p>SEE BACK FOR SPECIAL EVENTS </p>



APRIL 2026

MONROE SKY VALLEY FAMILY YMCA SENIOR CALENDAR

★ ★ SPECIAL EVENTS ★ ★

WEDNESDAY APRIL 8	WEDNESDAYS	THURSDAY APRIL 9
Senior Events & Activities Meeting 12:30-1:30PM Club Rm #1 	Coffee and Connections 9-11 am in the Lobby 	Stroke Awareness Talk What you need to know about strokes. 12:30-1:15pm Group Ex Rm #1 
FRIDAY APRIL 17		
Senior Potluck 12:30-2 pm Group Ex 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.