# JUNE 2026

MONROE/SKY VALLEY FAMILY YMCA SENIOR CALENDAR

## MONDAY

Pickleball
**7–11 am**
Gym

Yoga 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 Chyanne
**11 am–Noon**
Pool

## TUESDAY

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

Forever Fit with Claire
**10:45–11:45 am**
Gym

Water Fitness with Megan
**11 am–Noon**
Pool

## WEDNESDAY

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 Claire
**11 am–Noon**
Pool

## THURSDAY

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

## FRIDAY

Pickleball
**7–11 am**
Gym

Water Fitness with Chyanne
**11 am–Noon**
Pool

## SATURDAY

Yoga with Amiya
**8–9 am**
Group Ex Rm #1

## SUNDAY

Pickleball
**10 am–Noon**
Gym

Yoga with Amiya
**10:15–11:15 am**
Group Ex Rm #1

SEE BACK FOR SPECIAL EVENTS

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## SPECIAL EVENTS

| REMINDER | WEDNESDAYS | WEDNESDAY JUNE 17TH |
|---|---|---|
| No Senior and Activities meetings until September | Coffee and Connections<br>9-11 am in the Lobby | Mindfulness Seminar<br>12:30-1:30PM<br>Group Exercise Room 1 |
| **FRIDAY JUNE 19TH** | **STARTING JUNE 29TH** | |
| Community Potluck<br>12:30-2 pm<br>Outside (weather permitting) | Weight room will be closed until July 9th due to renovations | |

**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 everyone. 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.

**DEMENTIA FRIENDLY**

This flower represents dementia friendly activities and events. If you see it by anything, it is okay for people with dementia to attend.