




















MARCH 2023

MARYSVILLE FAMILY YMCA
SENIOR CALENDAR

MONDAY	TUESDAY	WEDNESDAY
<p> Water Fitness w/Connie 7:45-8:45 am Pool</p> <p> Chair Yoga w/Claudia 9:15-10:15am Studio 2</p> <p> AOA Basketball Pickup 10-11:45 am Half Court</p> <p> Forever Fit w/Connie 12-1 pm Gym</p>	<p> PICKLEBALL 9:45-12:45 pm Gym</p> <p> Basic Strength & Tone w/Kristen 10:45-11:45 am Studio 2</p> <p> Water Fitness w/Teresa 12-1 pm Pool</p>	<p> Water Fitness w/Connie 7:45-8:45 am Pool</p> <p> Coffee & Connections 8:30-9:30 am Fireside Room</p> <p> AOA Basketball Pickup 10-11:45 am Half Court</p> <p> Forever Fit w/Connie 12-1 pm Gym</p>
THURSDAY	FRIDAY	SATURDAY
<p> PICKLEBALL 9:45-12:45 pm Gym</p> <p> Water Fitness w/ Teresa 12-1 pm Pool</p>	<p> Water Fitness w/Connie 7:45-8:45 am Pool</p> <p> PICKLEBALL 9:45-12:45 pm Gym</p> <p> Forever Fit w/Connie 12-1 pm Gym</p>	<p data-bbox="1252 1587 1438 1629" style="text-align: center;">SUNDAY</p> 



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MARYSVILLE FAMILY YMCA
SENIOR CALENDAR



STAY TUNED FOR
FUTURE EVENTS



LET US KNOW YOUR
IDEAS



WE WANT TO HEAR
FROM YOU



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.



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.



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.



POTLUCK

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



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.



SPECIAL EVENT

Events that very 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 even and talk to our Senior program leaders.