



# MARCH 2023

## MUKILTEO FAMILY YMCA SENIOR CALENDAR

### MONDAY



**Pickleball Advanced**  
8-10 AM  
GYM

Water Fitness w/ Gaynel or Carolyn



7:30-8:30 AM  
Pool



**Coffee & Connections**  
8:45-9:45 AM  
Lobby



**Pickleball Beginner**  
10-Noon  
GYM



**Chair Yoga w/ Karen**  
11:30-12:15 PM  
W2

### TUESDAY



**Pickleball Advanced**  
8-10 AM  
GYM



**Coffee & Connections**  
8:45-9:45 AM  
Lobby



**Pickleball Beginner**  
10-Noon  
GYM



**Forever Fit w/ Karen**  
11:30-12:15 PM  
W2

### WEDNESDAY



**Water Fitness w/ Karen**  
7:30-8:30 AM  
Pool



**Pickleball Advanced**  
8-10 AM  
GYM



**Coffee & Connections**  
8:45-9:45 AM  
Lobby



**Pickleball Beginner**  
10-Noon  
GYM



**Chair Yoga w/ Karen**  
11:30-12:15 PM  
W2

### THURSDAY



**Pickleball Advanced**  
8-10 AM  
GYM



**Pickleball Beginner**  
10-Noon  
GYM



**Forever Fit w/ David**  
11:30-12:15 PM  
W2



**Potluck Event**  
12:30-1:30 PM  
Thursday, March 16

### FRIDAY



**Water Fitness w/ Carolyn**  
7:30-8:30 AM  
Pool



**Pickleball Advanced**  
8-10 AM  
GYM



**Pickleball Beginner**  
10-Noon  
GYM



**ZUMBA GOLD w/ Gael or Joan**  
10:15-11:15 AM  
W2



**Basic Sculpt and Tone w/ David**  
11:30-12:15 PM  
W2

### SATURDAY

### SUNDAY





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SENIOR CALENDAR



## 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 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.