



# MARCH 2023

STANWOOD-CAMANO YMCA  
SENIOR CALENDAR

## MONDAY



**PICKLEBALL**  
6:30-9:30 AM

Courts 1 & 2

Deep Water Fitness w/ Lydia

10-11 am

Lap Pool



TRX w/ Carleeh

11:00-Noon

M2



Forever Fit w/ Jamie

11:15-Noon

GYM



Water Fitness w/ Teresa

1-2 pm

Rec Pool



Yoga w/ Claudia

4:30-5:30pm

M2



Zumba w/ Lori

5:45-6:45pm

M1

## TUESDAY



Water Fitness w/ Connie

7:30-8:30 am

Rec Pool



Chair Yoga w/ Sandy

11 am-Noon

M2



Forever Fit w/ Jamie

11:15-Noon

GYM



**PICKLEBALL**

noon-1:30pm

Court 1

## WEDNESDAY



**PICKLEBALL**  
6:30-9:30 AM

Courts 1 & 2



Deep Water Fitness w/ Lydia

10-11 am

Lap Pool



Yoga w/ Sandy

11-Noon

M2



Forever Fit w/ Jamie

11:15-Noon

GYM



Chair Yoga w/ Sandy

12:15-1:15pm

M2



Water Fitness w/ Teresa

1-2 pm

Rec Pool



Zumba w/ Lori

5:45-6:45pm

M1

## THURSDAY



Water Fitness w/ Connie

7:30-8:30 am

Rec Pool



Chair Yoga w/ Sandy

11 am-Noon

M2



**PICKLEBALL**  
noon-1:30pm

Court 1

## FRIDAY



**PICKLEBALL**

6:30-9:30 AM

Courts 1 & 2

Deep Water Fitness w/ Lydia

10-11 am

Lap Pool

Yoga w/Sandy

11-Noon

M2



Forever Fit w/ Jamie

11:15-Noon

GYM



Coffee & Connections

12:15-1:15

Community room

Potluck Event

12:15pm

Friday, March 31st



## SATURDAY



Special Event

10:30 am-Noon

Saturday, March 18th

## SUNDAY



**PICKLEBALL**

Noon-2 pm

West Gym





# MARCH 2023

STANWOOD-CAMANO YMCA  
SENIOR CALENDAR

Friday, March 18



## Cooking for 1 or 2

10:30 am-Noon

A special event, in our community room, for Seniors to practice the art of cooking for 1 or 2 people. Register at membership services.

Cost:\$30



## 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 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.