























# MARCH 2023

MONROE/SKY VALLEY FAMILY  
YMCA SENIOR CALENDAR

MONDAY	TUESDAY	WEDNESDAY
 <p><b>PICKLEBALL</b> 7-11 am GYM</p>  <p>Forever Fit w/Lisa 10:45-11:45 am GX1</p>  <p>Water Fitness w/ Nadine 11 am-Noon Pool</p>	 <p>Water Fitness w/ Lisa 8-9 am Pool</p>  <p>Gentle Water Fitness w/ Nadine 11 am-Noon Pool</p>	 <p><b>PICKLEBALL</b> 7-11 AM GYM</p>  <p>Water Fitness w/ Lisa 8-9 am Pool</p>  <p>Coffee &amp; Connections 9-11 am Lobby</p>  <p>Forever Fit w/Lisa 10:45-11:45 am GX1</p>  <p>Water Fitness w/ Nadine 11-Noon Pool</p>
THURSDAY	FRIDAY	SATURDAY
 <p>Water Fitness w/ Lisa 8-9 am Pool</p>  <p>Gentle Water Fitness w/ Nadine 11 am-Noon Pool</p>	 <p><b>PICKLEBALL</b> 7-11 AM GYM</p>  <p>Water Fitness w/ Nadine 11-Noon Pool</p>  <p>Potluck Event 1-2pm Friday, March 17</p>  <p>Special Event, March 31 11 am-12:30pm Pool</p>	 <p>Forever Fit w/Lisa 10:45-11:45 am GX1</p>  <p>Special Event, March 25 12:30-3pm GYM</p>
		SUNDAY
		 <p>Special Event, March 19 3-5 pm GYM</p>
		



# MARCH 2023

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YMCA SENIOR CALENDAR

Sunday, March



## ZUMBA Party!

3-5 pm

A ZUMBA party! Supporting Annual Campaign. \$20 suggested donation. Pre-registration requested. Doors open at 3pm, party starts at 3:30.

Friday, March 31



## Swim Party!

11 am-12:30 pm

A Cowboy theme swim PARTY! Supporting Annual Campaign. \$25 suggested donation. Pre-registration requested.

Saturday, March 25



## Namaste for a Cause

12:30-3 pm

Intro to yoga basics and deepening your practice. 30 minutes of a Hatha class talk about its benefits, 30 minutes of power go over the chakra centers and how it helps move energy in the body 30 minutes of yin and meditation with sound bowls. \$25 suggested donation - this cost benefits the annual campaign. Pre-registration requested.

Questions? Contact  
[mjohnson@ymca-snoco.org](mailto:mjohnson@ymca-snoco.org)



## 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.