























MAY 2023

MARYSVILLE FAMILY YMCA SENIOR CALENDAR

MONDAY	TUESDAY	WEDNESDAY
<p> Water Fitness with Connie 7:45–8:45 am Pool</p> <p> Chair Yoga with Claudia 9:30–10:30 am Studio 2</p> <p> AOA Basketball Pickup 10–11:45 am Gym</p> <p> Forever Fit with Connie Noon–1 pm Gym</p>	<p> Basic Strength & Tone with Kirsten 9–10 am Studio 2</p> <p> Pickleball 9:45 am–12:45 pm Gym</p> <p> Water Fitness with Teresa Noon–1 pm Pool</p>	<p> Water Fitness with Connie 7:45–8:45 am Pool</p> <p> Coffee Connections 9–10am Lobby</p> <p> AOA Basketball Pickup 10–11:45 am Gym</p> <p> Forever Fit with Connie Noon–1 pm Gym</p>
THURSDAY	FRIDAY	SATURDAY
<p> Basic Strength & Tone with Kirsten 9–10 am Studio 2</p> <p> Pickleball 9:45 am–12:45 pm Gym</p> <p> FitWalk 10:45–11:30 am Meet in Lobby</p> <p> Water Fitness with Teresa Noon–1 pm Pool</p>	<p> Water Fitness with Connie 7:45–8:45 am Pool</p> <p> Pickleball 8:45–11:45 am Gym</p> <p> Forever Fit with Connie Noon–1 pm Pool</p>	<p> Special Event May Walk/Run 31 All Month Long!</p>
SUNDAY		
		



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.



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 Seniors. Bring food or drink to share and engage in a fun and delicious community engagement.



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 even and talk to our Senior program leaders.



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.



FIT WALK

A brisk 45 minute fitness walk. Walking is a low impact way to improve heart health and support weight loss.