



























MAY 2023

MUKILTEO FAMILY YMCA SENIOR CALENDAR

MONDAY	TUESDAY	WEDNESDAY
<p> Pickleball Advanced 8-10 am GYM</p> <p> Water Fitness w/Gaynel or Carolyn 7:30-8:30 am Pool</p> <p> Coffee & Connections 8:45-9:45 am Lobby</p> <p> Pickleball Beginner 10-Noon GYM</p> <p> Chair Yoga w/Karen 11:30-12:15 pm W2</p>	<p> Pickleball Advanced 8-10 am GYM</p> <p> Coffee Connections 8:45-9:45 am Lobby</p> <p> Pickleball Beginner 10-Noon GYM</p> <p> Forever Fit w/Karen 11:30-12:25 pm W2</p>	<p> Water F w/Gaynel 7:30-8:30 am Pool</p> <p> Pickleball Advanced 8-10:00 am GYM</p> <p> Coffee & Connections 8:45-9:45 am Lobby</p> <p> Pickleball Beginner 10-Noon GYM</p> <p> Chair Yoga w/Sarah 11:30-12:15 pm W2</p>
THURSDAY	FRIDAY	SATURDAY
<p> Pickleball Advanced 8-10 am GYM</p> <p> Pickleball Beginner 10-Noon GYM</p> <p> Forever Fit w/David 11:30-12:15 pm W2</p> <p> Potluck Event 12:30-1:30 pm Thursday, May 18</p>	<p> Water Fitness w/Carolyn 7:30-8:30 am Pool</p> <p> Coffee & Connections 8:45-9:45 am Lobby</p> <p> Pickleball Beginner 10-Noon Lobby</p> <p> Zumba GOLD w/Gail or Joan 10:15-11:15 am W2</p> <p> Basic Sculpt & Tone w/David 11:30-12:15 pm W2</p>	<p style="text-align: center;">SUNDAY</p>
		



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.