<table>
<thead>
<tr>
<th>COLUMNS</th>
<th>DAYS</th>
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| MONDAY  |      | Water Fitness with Connie 7:45-8:45 am Pool  
           |      | Chair Yoga with Claudia 9:30-10:30 am Studio 2  
           |      | AOA Basketball Pickup 10-11:45 am Gym  
           |      | Forever Fit with Connie Noon-1 pm Gym  |
| TUESDAY |      | Basic Strength & Tone with Kirsten 9-10 am Studio 2  
           |      | Pickleball 8:45-11:45 am Gym  
           |      | Water Fitness with Teresa 12:15-1:15 pm Pool  |
| WEDNESDAY |  | Water Fitness with Connie 7:45-8:45 am Pool  
            |  | Coffee & Connections 9-10 am Lobby  
            |  | AOA Basketball Pickup 10-11:45 am Gym  
            |  | Forever Fit with Connie Noon-1 pm Gym  
            |  | Special Event 7/19 Brunch Potluck 9-11 am Lobby & Fireplace Room  |
| THURSDAY |  | Basic Strength & Tone with Kirsten 9-10 am Studio 2  
            |  | Pickleball 8:45-11:45 am Gym  
            |  | FitWalk 10:15-11:15 am Trailhead Meet up (see schedule)  
            |  | Water Fitness with Teresa 12:15-1:15 pm Pool  |
| FRIDAY  |  | Water Fitness with Connie 7:45-8:45 am Pool  
            |  | Pickleball 8:45-11:45 am Gym  
            |  | Forever Fit with Connie Noon-1 pm Gym  |
| SUNDAY  |  | Tai Chi with Alex Noon-1 pm Main Studio  
            |  | FitWalk Schedule  
            |  | 7/6 – Ebey Waterfront  
            |  | 7/13 – Harborview Park  
            |  | 7/20 – Bayview Trail Getchel Hill Trailhead  
            |  | 7/27 – Centennial Trail, Getchel Trailhead  |
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.

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 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.

Enjoy a complimentary cup of coffee while meeting new friends and socially connecting with your fellow class participants and members of your YMCA.

Summer Brunch Potluck
Wednesday 7/19 9am–11am
Lobby & Fireplace Room
Bring a dish/treat to share!

Events that vary each week or month to serve the interest and hobbies of our senior members. Do you have a special event idea? Contact Suzanne at sbarrett@ymca-snoco.org

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.

Meet up at local trailheads in Marysville for brisk 60 minute fitness walk. Participants need to provide own transportation to trailhead, feel comfortable walking on uneven ground, and able to move independently. Water, hat, and sunscreen recommended. See schedule for weekly meet up location.