# Marysville Family YMCA Senior Calendar

## August 2023

### Monday
- **Water Fitness with Connie**
  - 7:45–8:45 am
  - Pool
- **Chair Yoga with Leah**
  - 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

### Thursday
- **Basic Strength & Tone with Kirsten**
  - 9–10 am
  - Studio 2
- **Pickleball**
  - 8:45–11:45 am
  - Gym
- **FitWalk**
  - 10:15–11:15 am
  - Meet up at the Y
- **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
- **Meet up at 10:15 am sharp!**
- **8/3** – Everett Marina South
  - Meet up at Woods Coffee
- **8/10** – Jennings Park meet at Y
- **8/17** – Everett Marina North
  - Meet up at 10th Parking lot
- **8/24** – Arlington Airport Trail
  - Meet up at Bill Quake Memorial Park
- **8/31** – Deering Wild Flower Acres, Marysville
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.

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.

This month we expanding our walks to Everett, Arlington, & checking out a couple more Marysville spots. Meet up at trailheads 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.