

# FITNESS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>PICKLE BALL</b> 8:00-10:00am		<b>PICKLE BALL</b> 8:00-10:00am		
<b>AQUA JOG</b> 9:00-9:45am	<b>AQUA JOG</b> 9:00-9:45am	<b>AQUA JOG</b> 9:00-9:45am	<b>AQUA JOG</b> 9:00-9:45am	<b>AQUA JOG</b> 9:00-9:45am	
<b>ENHANCED FITNESS</b> 10:00-10:45am w\ Kyreek	<b>SILVER SNEAKERS</b> 10:30-11:15am w/ Kyreek	<b>ENHANCED FITNESS</b> 10:00-10:45am w\ Kyreek	<b>SILVER SNEAKERS</b> 10:30-11:15am w/ Kyreek		<b>CARDIO TONING</b> 9:00-9:45am w/ Holly
<b>CARDIO DANCE GOLD</b> 11:00-12:00Pm w/ Sue	<b>CARDIO STEP GOLD</b> 11:30am-12:30pm w/Holly	<b>CARDIO DANCE GOLD</b> 11:00-12:00pm w/ Holly	<b>CARDIO DANCE GOLD</b> 11:30-12:30pm w/ Sue		<b>YMCA FACILITY HOURS</b>  Mon. - Thurs 5:30-8:00pm Fri. 5:30a-7:00pm Sat. 7:00a-4:00pm Sun: 12:00p-4:00p
<b>PICKLE BALL</b> 1:00-3:00pm	<b>WATER FITNESS</b> 1:00-1:45pm	<b>PICKLE BALL</b> 1:00-3:00pm	<b>WATER FITNESS</b> 1:00-1:45pm		
<b>POWER 30</b> 5:15-6:00pm w/James	<b>PILATES</b> 5:15-6:00pm w/ Jeannie	<b>CARDIO STEP</b> 5:15-6:00pm w/ James	<b>YOGA</b> 5:00-6:00pm w/ Gina		
<b>BOOTY BLAST</b> 6:00-6:45pm w/Nat	<b>HIIT</b> 6:00-6:30pm w/ Nat	<b>CARDIO KICKBOXING</b> 6:00-6:45pm w/ Nat	<b>CARDIO TONING</b> 6:00-6:45pm w/ Holly		
					<b>REVISED 5/23/22</b>