

FITNESS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	PICKLE BALL 6:00-8:00am		PICKLE BALL 6:00-8:00am		
AQUA JOG 9:00-9:45am	AQUA JOG 9:00-9:45am	AQUA JOG 9:00-9:45am	AQUA JOG 9:00-9:45am	AQUA JOG 9:00-9:45am	
ENHANCED FITNESS 10:00-10:45am w\ Holly	SILVER SNEAKERS 10:30-11:15am	ENHANCED FITNESS 10:00-10:45am w\ Holly	SILVER SNEAKERS 10:30-11:15am		CARDIO TONING 9:00-9:45am w/ Holly
CARDIO DANCE GOLD 11:00-12:00Pm w/ Sue	CARDIO STEP GOLD 11:30am-12:30pm w/Holly	CARDIO DANCE GOLD 11:00-12:00pm w/ Holly	CARDIO DANCE GOLD 11:30-12:30pm w/ Sue	PICKLE BALL 12:30-3:15pm	
PICKLE BALL 12:30-3:15pm	WATER FITNESS 1:00-1:45pm	PICKLE BALL 12:30-3:15pm	WATER FITNESS 1:00-1:45pm	YMCA FACILITY HOURS	
YOGA 5:00-6:00pm	RUN/WALK 5:00-5:45pm	CARDIO STEP 5:15-6:00pm	YOGA 5:00-6:00pm	Mon. - Thurs 5:30-9:00pm Fri. 5:30a-7:00pm	
CARDIO CORE or BUTT N' GUTT 5:00-5:30pm	PILATES 5:15-6:00pm	RUN/WALK 6:00-6:45pm	HIIT 5:00-5:30pm	Sat. 7:00a-4:00pm Sun: 12:00p-4:00pm	
ADULT GYM CLASS 5:30-6:00pm	HIIT 6:00-6:30pm			Don't forget all our virtual classes on ywellness247.org	
POWER 30 6:00-6:45pm				REVISED 05/26/23	