

# FITNESS SCHEDULE

| Monday   | Tuesday                                    | Wednesday                                 | Thursday                                  | Friday  | Saturday                            |
|--|--|---|---|---|-------------------------------------|
|  | <b>PICKLE BALL</b><br>6:00-8:00am          |   | <b>PICKLE BALL</b><br>6:00-8:00am         |   | <b>PICK UP BBALL</b><br>7:00-9:00am |
| <b>AQUA JOG</b><br>9:00-9:45am                           | <b>AQUA JOG</b><br>9:00-9:45am             | <b>AQUA JOG</b><br>9:00-9:45am            | <b>AQUA JOG</b><br>9:00-9:45am            | <b>AQUA JOG</b><br>9:00-9:45am  |                                     |
| <b>ENHANCED FITNESS</b><br>10:00-10:45am                 | <b>SILVER SNEAKERS</b><br>10:00-10:45am    | <b>ENHANCED FITNESS</b><br>10:00-10:45am  | <b>SILVER SNEAKERS</b><br>10:00-10:45am   |   | <b>CARDIO TONING</b><br>9:00-9:45am |
| <b>CARDIO DANCE GOLD</b><br>11:00-12:00Pm                | <b>CARDIO STEP GOLD</b><br>11:00am-12:00pm | <b>CARDIO DANCE GOLD</b><br>11:00-12:00pm | <b>CARDIO DANCE GOLD</b><br>11:00-12:00pm |   |                                     |
| <b>PICKLEBALL</b><br>12:30-3:00pm                        | <b>WATER FITNESS</b><br>1:00-1:45pm        | <b>PICKLEBALL</b><br>12:30-3:00pm         | <b>WATER FITNESS</b><br>1:00-1:45pm       | <b>PICKLEBALL</b><br>12:30-3:00pm   |                                     |
|  |  |   |   |   |                                     |
| <b>YOGA</b><br>5:00-6:00pm                               | <b>PILATES</b><br>5:15-6:00pm              | <b>CARDIO STEP</b><br>5:15-6:00pm         | <b>YOGA</b><br>5:00-6:00pm                | Mon. - Thurs 5:30-9:00pm<br>Fri. 5:30a-7:00pm<br><br>Sat. 7:00a-4:00pm<br>Sun: 12:00p-4:00pm      |                                     |
| <b>BUTT N GUTT</b><br>5:00-5:30pm                        | <b>RUN CLUB</b><br>5:00-6:00pm             | <b>HIIT</b><br>6:00-6:30pm                | <b>RUN CLUB</b><br>5:00-6:00pm            |   |                                     |
| <b>ADULT GYM CLASS</b><br>5:30-6:00pm                    | <b>HIIT</b><br>6:00-6:30pm                 |   | <b>CARDIO TONING</b><br>6:00-6:45pm       | Don't forget all our virtual classes on<br><a href="http://ywellness247.org">ywellness247.org</a> |                                     |
|  |  |   | Intermediate Pickleball<br>7:00-8:45pm    |   |                                     |
| <b>Beginner Pickleball</b><br>6:30-8:45pm<br>Mancuso Gym |  |   |   | <b>REVISED 04/09/24</b>   |                                     |