

FITNESS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	PICKLE BALL 6:00-8:00am		PICKLE BALL 6:00-8:00am		PICK UP BBALL 7:00-9:00am
WATER FITNESS 9:00-9:45am	WATER FITNESS 9:00-9:45am	WATER FITNESS 9:00-9:45am	WATER FITNESS 9:00-9:45am	WATER FITNESS 9:00-9:45am	
ENHANCED FITNESS 10:00-10:45am	SILVER SNEAKERS 10:00-10:45am	ENHANCED FITNESS 10:00-10:45am	SILVER SNEAKERS 10:00-10:45am	CHAIR YOGA 10:00-11:00am	CARDIO TONING 9:00-9:45am
CARDIO DANCE GOLD 11:00-12:00pm	CARDIO STEP GOLD 11:00am-12:00pm	CARDIO DANCE GOLD 11:00-12:00pm	CARDIO DANCE GOLD 11:00-12:00pm		
PICKLEBALL 12:30-3:00pm	WATER FITNESS 1:00-1:45pm	PICKLEBALL 12:30-3:00pm	WATER FITNESS 1:00-1:45pm	PICKLEBALL 12:30-3:00pm	
YOGA 5:00-6:00pm	PILATES 5:15-6:00pm	CARDIO STEP 5:15-6:00pm	YOGA 5:00-6:00pm		
BUTT N GUTT 5:00-5:30pm	RUN CLUB 5:00-6:00pm	HIIT 6:00-6:30pm	RUN CLUB 5:00-6:00pm	Mon. - Thurs 5:30-9:00pm Fri. 5:30a-7:00pm	
ADULT GYM CLASS 5:30-6:00pm	HIIT 6:00-6:30pm			Sat. 7:00a-4:00pm Sun: 12:00p-4:00pm	
Beginner Pickleball 6:30-8:45pm Mancuso Gym			Intermediate Pickleball 7:00-8:45pm	Don't forget all our virtual classes on ywellness247.org	
				REVISED 04/25/24	