

FITNESS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	PICKLE BALL 6:00-8:00am		PICKLE BALL 6:00-8:00am		
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		PILATES 10:00-10:45am
PICKLEBALL 12:15-3:00pm	WATER FITNESS 1:00-1:45pm	PICKLEBALL 12:15-3:00pm	WATER FITNESS 1:00-1:45pm	PICKLEBALL 12:15-3:00pm	
YOGA 5:00-6:00pm	PILATES 5:15-6:00pm	CARDIO STEP 5:00-6:00pm	YOGA 5:00-6:00pm	Personal Training is available! Schedule your appt. today.	
90s BOOTCAMP 5:00-5:30pm	WALK/RUN CLUB 5:00-6:00pm	POWER 30 6:00-6:30pm	WALK/RUN CLUB 5:00-6:00pm	Mon. - Thurs 5:30-9:00pm Fri. 5:30a-7:00pm	
ADULT GYM CLASS 5:30-6:00pm	CORE BALL 6:00-6:45pm	YOGA 6:00-7:00pm	HIIT 6:00-6:30pm	Sat. 7:00a-4:00pm Sun: 12:00p-4:00pm	
Beginner Pickleball 6:30-8:45pm Mancuso Gym	HIIT 6:00-6:30pm		HIIT 6:30-7:00pm	Don't forget all our virtual classes on ywellness247.org	
	HIIT 6:30-7:00pm		Intermediate Pickleball 6:30-8:45pm	REVISED 11/12/24	