

# FITNESS SCHEDULE

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