

**DELAWARE FAMILY YMCA  
GROUP FITNESS SCHEDULE  
MAY 2022**



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>Pickleball</b> 9:00-11:00 am	<b>Open Gym</b> 6:00-9:30 pm	<b>Pickleball</b> 9:00-11:00am	<b>Open Gym</b> 6:00-9:30 pm	<b>Silver Sneakers Yoga®</b> 10:00-10:45 am Katarina	<b>Pickleball</b> 9:00- 11:00am
	<b>Aqua Fit</b> 10:00-10:45 am Latasha	<b>SS Classic®</b> 9:30-10:15 am Katarina	<b>Aqua Fit</b> 10:00-10:45 am Latasha	<b>BODYPUMP®</b> 6:30-7:15 am Becky J	<b>SS Classic®</b> 11:00-11:45 am Katarina	
	<b>Silver Sneakers Classic®</b> 11:15-12:00 pm Latasha	<b>SS Yoga®</b> 10:30-11:15 am Katarina	<b>Silver Sneakers Classic®</b> 11:15-12:00 pm Latasha	<b>SS Classic®</b> 9:30-10:15 am Katarina	<b>Easy Rider Cycling</b> 12:00-12:30 pm Katarina	<b>BODYPUMP®</b> 9:30-10:15 am Katarina
	<b>Low Impact Circuit</b> 12:15-1:00 pm Carrie Latasha		<b>Walking Club</b> 12:15-1:00 pm Latasha Gym	<b>SS Yoga®</b> 10:30-11:15 am Latasha	<b>Open Gym</b> 11:30-1:30 pm	<b>Group Cycling</b> 10:30-11:15 am Katarina
	<b>Open Gym</b> 12:00-3:30 pm	<b>Open Gym</b> 11:15-1:30 pm	<b>Open Gym</b> 1:00-3:30 pm	<b>Open Gym</b> 10:30-1:30 pm		<b>SACC Gym</b> 4:00-5:00 pm
	<b>SACC Gym</b> 4:00-5:00 pm	<b>SACC Gym</b> 2:00-4:00 pm	<b>SACC Gym</b> 4:00-5:00 pm	<b>SACC Gym</b> 4:00-5:00 pm	<b>SACC Gym</b> 4:00-5:00 pm	
	<b>Pilates</b> 5:00-5:45 pm Annette	<b>Group Cycling</b> 5:15-6:00 pm Curtis	<b>Pilates</b> 5:00-5:45 pm Annette	<b>Group Cycling</b> 5:15-6:00 pm Katarina		
	<b>Open Gym</b> 5:00-7:30 pm	<b>TRX</b> 6:15-7:00 pm Curtis	<b>Youth Soccer</b> <b>5:30-6:15 pm</b>	<b>Yoga®</b> 6:15-7:00 pm Kaily		
	<b>BODYPUMP™</b> 6:00-6:45pm Melissa	<b>Open Gym</b> 5:00-7:30 pm	<b>HIIT</b> 6:00-6:45 pm Annette	<b>Open Gym</b> 5:00-7:30 pm	<b>Open Gym</b> 5:00-7:30 pm	
		<b>Aqua Fit</b> 6:00 – 6:45 pm	<b>Youth Basketball</b> 6:30-7:15 pm	<b>Aqua Fit</b> 6:00 – 6:45 pm		
	<b>Core &amp; More</b> 6:45-7:15pm Melissa	<b>Aqua Fit</b> 7:00 – 7:45 pm		<b>Aqua Fit</b> 7:00 – 7:45 pm		

Schedule subject to change. For more information, please call the Delaware Branch at (716) 875-1283.