

William-Emslie FAMILY YMCA  
**GROUP FITNESS SCHEDULE**  
**May 2022**



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Open Gym 6am-10am	Open Gym 6am-9am	Open Gym 6am-10am	Open Gym 6am-9am	Open Gym 6am-10am	Family Basketball 9:00- 11:00am
		<b>Pickleball</b> 9:00-11:00 am		<b>Pickleball</b> 9:00-11:00 am		Open Gym 11:00-1:00pm
	<b>Low-Impact Strength &amp; Conditioning</b> 10:00-10:45 am Katarina	<b>Silver Sneakers® Yoga</b> 11:00-11:45 am Rhonda	<b>Silver Sneakers™® Yoga</b> 10:00-10:45 am Elizabeth	<b>Amazing Abs</b> 10:00 am-10:30 am Rhonda	<b>HIIT</b> 10:15-10:45 am Latasha	<b>Group Cycle</b> 9:00-9:45 am Latasha
	<b>Low-Impact Circuit</b> 11:00-11:45 am Katarina	<b>Water Walking</b> 12:15-12:45 pm Rhonda	<b>Silver Sneakers® Classic</b> 11:00-11:45 am	<b>Silver Sneakers® Cardio</b> 11:00-11:45 am	<b>Low-Impact Circuit</b> 11:00-11:45 am Latasha	
	<b>Aqua Cycle</b> 12:15-1:00 pm Katarina	<b>Aqua Jogging 12:45-1:15</b> Rhonda	<b>AQUAZUMBA®</b> 11:00-11:45 am Elizabeth	<b>Water Walking</b> 12:15-12:45 pm Rhonda	<b>Aqua Cycle</b> 12:15-1:00 pm Latasha	<b>Yoga</b> 10:00-11:00 am Kally
	Open Gym 12:00- 3:30pm	<b>Line Dancing</b> 1:00-1:45 pm (Senior Room)	<b>Aqua Fit</b> 12:15-1:00 pm Rhonda	<b>Aqua Jogging 12:45-1:15</b> Rhonda		<b>HIIT</b> 11:15-11:45 am Latasha
	SACC Gym 3:45-5:00pm	SmartFit 1:45-2:30 pm Rhonda (Aerobic Studio)	Open Gym 12:00- 3:30pm	Senior Line Dancing 11:00 - 1:00pm (Gym)	Open Gym 12:00- 1:30pm	
	<b>Group Cycling</b> 4:15-4:45 pm Katarina	Open Gym 1:00- 3:30pm	SACC Gym 3:45-5:00pm	Open Gym 1:00- 3:30pm	<b>Walking Club</b> 1:30-2:30 am Latasha	<b>Aqua Cycle</b> 12:00-12:45pm Latasha
	<b>Yoga</b> 5:00-5:45 pm Elizabeth	<b>BODYPUMP™</b> 5:15-6:00 pm Rhonda	<b>AQUAZUMBA®</b> 5:15-6:00 pm Elizabeth	<b>BODYPUMP™</b> 5:15-6:00 pm Rhonda	SACC Gym 3:45-5:00pm	
				<b>Group Cycling</b> 6:15-7:00 pm		
	<b>Barre Fusion</b> 6:00-7:00 pm Tetiana Starts May 16 <sup>th</sup>	<b>Amazing Abs</b> 6:15-6:45 pm Rhonda	<b>Family Kicks</b> 6:00-6:45 pm Desmond	<b>Amazing Abs</b> 7:15-7:45 pm Curtis	<b>FAMILY ZUMBA®</b> 5:15-6:00 pm Elizabeth	<b>Family Kicks</b> 12:00-12:45 pm Desmond
	<b>Open Basketball</b> 6:00-7:45pm	<b>Open Basketball</b> 6:00-7:45pm	<b>Family Basketball</b> 6:00-7:45pm	Youth Sports (Registration Required) 5:15- 7:15pm	<b>Family Basketball</b> 6:00-7:45pm	