

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



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Pickleball 9:00-11:00 am	Open Gym 6:00-9:30 pm	Pickleball 9:00-11:00am	Open Gym 6:00-9:30 pm	Silver Sneakers Yoga® 10:00-10:45 am Katarina	Pickleball 9:00- 11:00am
	Aqua Fit 10:00-10:45 am Latasha	Silver Sneakers Classic® 9:30-10:15 am Katarina	Aqua Fit 10:00-10:45 am Latasha	BODYPUMP® 6:30-7:15 am Becky No class 6/2	Silver Sneakers Classic® 11:00-11:45 am Katarina	
	Silver Sneakers Classic® 11:15-12:00 pm Latasha	Silver Sneakers Yoga® 10:30-11:15 am Katarina	Silver Sneakers Classic® 11:15-12:00 pm Latasha	Silver Sneakers Classic® 9:30-10:15 am Latasha	Easy Rider Cycling 12:00-12:30 pm Katarina	BODYPUMP® 9:30-10:15 am Katarina
	Low Impact Circuit 12:15-1:00 pm Latasha		Walking Club 12:15-1:00 pm Latasha Gym	Silver Sneakers Yoga® 10:30-11:15 am Latasha	Open Gym 11:30-1:30 pm	Group Cycling 10:30-11:15 am Katarina
	Open Gym 12:00-3:30 pm	Open Gym 11:15-1:30 pm	Open Gym 1:00-3:30 pm	Open Gym 10:30-1:30 pm		SACC Gym 4:00-5:00 pm
	SACC Gym 4:00-5:00 pm	SACC Gym 2:00-4:00 pm	SACC Gym 4:00-5:00 pm	SACC Gym 4:00-5:00 pm	Open Gym 12:00-12:45 pm	
	Pilates 5:00-5:45 pm Annette	Group Cycling 5:15-6:00 pm Curtis	Pilates 5:00-5:45 pm Annette	Group Cycling 5:15-6:00 pm Katarina		
	Open Gym 5:00-7:30 pm	TRX 6:15-7:00 pm Curtis	Youth Soccer 5:30-6:15 pm	Yoga® 6:15-7:00 pm Kaily	Open Gym 5:00-7:30 pm	
	BODYPUMP™ 6:00-6:45pm Melissa No class June 27 th	Open Gym 5:00-7:30 pm	HIIT 6:00-6:45 pm Annette	Open Gym 5:00-7:30 pm		
		Aqua Fit 6:00 – 6:45 pm Ann	Youth Basketball 6:30-7:15 pm	Aqua Fit 6:00 – 6:45 pm Ann		
	Core & More 6:45-7:15pm Melissa No class June 27 th	Aqua Fit 7:00 – 7:45 pm Ann		Aqua Fit 7:00 – 7:45 pm Ann		

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