

William-Emslie FAMILY YMCA
GROUP FITNESS SCHEDULE
June 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
		Pickleball 9:00-11:00 am	Silver Sneakers™® Yoga 10:00-10:45 am Elizabeth	Pickleball 9:00-11:00 am		Open Gym 11:00-1:00pm
	Low-Impact Strength & Conditioning 10:00-10:45 am Katarina	Silver Sneakers® Yoga 11:00-11:45 am Rhonda	Silver Sneakers® Classic 11:00-11:45 am Rhonda	Amazing Abs 10:00 am-10:30 am Rhonda	HIIT 10:15-10:45 am Latasha	Group Cycle 8:45-9:30 am Latasha
	Low-Impact Circuit 11:00-11:45 am Katarina	Water Walking 12:15-12:45 pm Rhonda	AQUAZUMBA® 11:00-11:45 am Elizabeth	Silver Sneakers® Cardio 11:00-11:45 am	Low-Impact Circuit 11:00-11:45 am Latasha	
	Aqua Cycle 12:15-1:00 pm Katarina	Aqua Jogging 12:45-1:15 Rhonda	Aqua Fit 12:15-1:00 pm Rhonda	Water Walking 12:15-12:45 pm Rhonda	Aqua Cycle 12:15-1:00 pm Latasha	Yoga 10:00-11:00 am Kaily
	Open Gym 12:00- 3:30pm	Line Dancing 1:00-1:45 pm (Senior Room)	Open Gym 12:00- 3:30pm	Aqua Jogging 12:45-1:15 Rhonda		HIIT 11:15-11:45 am Latasha
	SACC Gym 3:45-5:00pm	SmartFit 1:45-2:30 pm Rhonda (Aerobic Studio)	SACC Gym 3:45-5:00pm	Senior Line Dancing 11:00 - 1:00pm (Gym)	Open Gym 12:00- 1:30pm	
	Group Cycling 4:15-4:45 pm Katarina	Open Gym 1:00- 3:30pm	AQUAZUMBA® 5:15-6:00 pm Elizabeth	Open Gym 1:00- 3:30pm	Walking Club 1:30-2:30 am Latasha	Aqua Cycle 12:00-12:45pm Latasha
	Yoga 5:00-5:45 pm Elizabeth	BODYPUMP™ 5:15-6:00 pm Rhonda	Family Kicks 5:30-6:15 pm Desmond	BODYPUMP™ 5:15-6:00 pm Rhonda	SACC Gym 3:45-5:00pm	
				Group Cycling 6:15-7:00 pm		
	Barre Fusion 6:00-7:00 pm Tetiana	Amazing Abs 6:15-6:45 pm Rhonda	Yin Yoga 6:30-7:15 pm Elizabeth Starts June 15 th	Amazing Abs 7:15-7:45 pm Curtis	FAMILY ZUMBA® 5:15-6:00 pm Elizabeth	Family Kicks 12:00-12:45 pm Desmond
	Open Basketball 6:00-7:45pm	Open Basketball 6:00-7:45pm	Family Basketball 6:00-7:45pm	Youth Sports (Registration Required) 5:15- 7:15pm	Family Basketball 6:00-7:45pm	

Schedule subject to change. For more information, please call the William-Emslie Branch at (716) 845-5440.