

**DELWARE FAMILY YMCA
GROUP FITNESS SCHEDULE
AUGUST 2022**



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	CARDIO INTERVAL 7:00-8:00 am Dani Pickleball 9:00-11:00 am	Open Gym 6:00-9:30 am	Pickleball 9:00-11:00am	Open Gym 6:00-9:30 am	Open Gym 6:00-9:30 am	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	Silver Sneakers Yoga® 10:00-10:45 am Katarina No Class 8/19/2022	
	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 No class 8/11		Group Cycling 10:30-11:15 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 No class 8/11		
	Camp Gym 1:00-4:30 pm	Camp Gym 11:30-4:00 pm	Camp Gym 1:00-4:30 pm	Camp Gym 11:30-4:00 pm	Camp Gym 11:45-4:00 pm	Yoga Express 11:30-12:00 pm Katarina
	Open Gym 4:30-7:45 pm	Open Gym 4:00-7:45 pm	Pilates 5:00-5:45 pm Annette	Open Gym 4:00-7:45 pm	Open Gym 4:00-7:45 pm	Pee Wee Soccer 11:00 – 11:45 am
	Pilates 5:00-5:45 pm Annette	Group Cycling Express 5:15-5:45 pm Katarina	Youth Soccer 5:30-6:15 pm	HIIT & Core 5:00-5:45 pm Dani		
	BODYPUMP™ 6:00-6:45pm Melissa No class 8/1 & 8/29		HIIT 6:00-6:45 pm Annette	Yoga® 6:00-6:45 pm Kaily No class 8/25		
	Core & More 6:45-7:15pm Melissa No class 8/1 & 8/29	Aqua Fit 6:00 – 6:45 pm Ann	Youth Basketball 6:30-7:15 pm	Aqua Fit 6:00 – 6:45 pm Ann		
		Aqua Fit 7:00 – 7:45 pm Ann		Aqua Fit 7:00 – 7:45 pm Ann		Open Gym 12:00-12:45 pm