

William-Emslie FAMILY YMCA
GROUP FITNESS SCHEDULE
AUGUST 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 (Gym)	Silver Sneakers™® Yoga 10:00-10:45 am Elizabeth	Pickleball 9:00-11:00 am (Gym)		Open Gym 11:00-1:00pm
	Strength & Conditioning 10:00-10:45 am Katarina (Studio)	Silver Sneakers® Yoga 11:00-11:45 am Rhonda (Aerobic Studio)	Silver Sneakers® Classic 11:00-11:45 am Rhonda (Gym)	Amazing Abs 10:00 am-10:30 am Rhonda (Aerobic Studio) No class 9/1	HIIT 10:15-10:45 am Latasha (Aerobic Studio)	Yoga 10:00-10:45 am Kaily (Aerobic Studio)
	Low-Impact Circuit 11:00-11:45 am Katarina (Gym)	Water Walking 12:15-12:45 pm Rhonda	AQUAZUMBA® 11:00-11:45 am Elizabeth No class 8/3	Silver Sneakers® Cardio 11:00-11:45 am Rhonda No class 9/1	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 No class 9/1	Aqua Cycle 12:15-1:00 pm Latasha	
	Camp Gym 12:00- 5:00pm	Line Dancing 1:00-1:45 pm (Senior Room)	Camp Gym 12:00-5:00pm	Aqua Jogging 12:45-1:15 Rhonda No class 9/1	Camp Gym 12:00- 5:00pm	
		SmartFit 1:45-2:30 pm Rhonda No class 8/30 (Aerobic Studio)		Senior Line Dancing 10:00 - 12:00pm (Senior Room)		HIIT 11:15-11:45 am Latasha (Aerobic Studio)
	Group Cycling 4:15-4:45 pm Katarina (Aerobic Studio)	Camp Gym 12:00- 5:00pm	Family Kicks 5:30-6:15 pm Desmond (Aerobic Studio)	Camp Gym 12:00- 5:00pm	Walking Club 1:30-2:30 pm Latasha (Outdoor Track)	Aqua Cycle 12:00-12:45pm Latasha
	Yoga 5:00-5:45 pm Elizabeth (Aerobic Studio)					
	Barre Fusion 6:00-7:00 pm Tetiana (Aerobic Studio)	Amazing Abs 6:15-6:45 pm Rhonda (Aerobic Studio)	Yin Yoga 6:30-7:15 pm Elizabeth (Aerobic Studio) No class 8/3	Group Cycling 6:15-7:00 pm Rhonda No class 9/1	Family Basketball 5:00-7:45pm	Family Kicks 12:00-12:45 pm Desmond (Aerobic Studio)
	Open Basketball 5:30-7:45pm	Open Basketball 5:30-7:45pm	Family Basketball 5:30-7:45pm	Youth Sports (Registration Required) 5:15- 7:15pm		

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