

**DELAWARE FAMILY YMCA
GROUP FITNESS SCHEDULE
SEPTEMBER 2022. BEGINS SEPT 5**



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Low-Impact Cardio Circuit 7:00-8:00 am Dani Pickleball 9:00-11:00 am	Open Gym 6:00-9:30 am	Power Yoga 7:00-8:00am Latasha No class 9/28	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 No class 9/26 Silver Sneakers Classic® 11:15-12:00 pm Latasha No class 9/26 YOGA 12:15-1:00 pm Latasha No class 9/26	Group Cycling 6:30-7:15 am Latasha No class 9/27 Core & More 7:30-7:45 am Latasha No class 9/27	Pilates 9:00-9:45 am Latasha 9/28 Pickleball 9:00-11:00am Aqua Fit 10:00-10:45 am Latasha No class 9/28	BODYPUMP® 6:30-7:15 am Becky Silver Sneakers Classic® 9:30-10:15 am Latasha No class 9/29 Silver Sneakers Yoga® 10:30-11:15 am Latasha No class 9/29	Silver Sneakers Classic® 10:00-10:45 am Katarina No class 9/2, 9/9 & 9/30 Silver Sneakers Yoga® 11:00-11:45 am Katarina No class 9/2, 9/9 & 9/30	
	SACC Gym 3:00-5:00 pm Open Gym 5:00-6:00 pm Pilates 5:00-5:45 pm Annette Zumba 6:00-6:45 pm Annette (Gym) BODYPUMP™ 6:00-7:00pm Melissa	Silver Sneakers Yoga® 10:30-11:15 am Katarina SACC Gym 3:00-5:00 pm Open Gym 5:00-7:45 pm Group Cycling 5:15-5:45 pm Katarina	YOGA 12:15-1:00 pm Latasha No class 9/28 SACC Gym 3:00-5:00 pm Pilates 5:00-5:45 pm Annette Youth Soccer 5:30-6:15 pm	SACC gym 3:00-5:00 pm Open Gym 5:00-7:45 pm HIIT & Core 5:00-5:45 pm Dani	Silver Sneakers Yoga® 11:00-11:45 am Katarina No class 9/2, 9/9 & 9/30 SACC Gym 3:00-5:00 pm Open Gym 5:00-7:45 pm	Yoga Express 11:15-11:45 am Katarina No class 9/10 Pee Wee Soccer 11:00 – 11:45 am
		Aqua Fit 6:00 – 6:45 pm Ann Aqua Fit 7:00 – 7:45 pm Ann	HIIT 6:00-6:45 pm Annette Youth Basketball 6:30-7:15 pm	Aqua Fit 6:00 – 6:45 pm Ann Aqua Fit 7:00 – 7:45 pm Ann	Special Family Fitness Event Sept. 16 5:00-7:00 pm	Open Gym 12:00-12:45 pm

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

