

William-Emslie FAMILY YMCA
GROUP FITNESS SCHEDULE
STARTS SEPT 6, 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)	Yoga 7:00-7:45 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	Silver Sneakers™® Yoga 10:00-10:45 am Elizabeth	Amazing Abs 10:00 am-10:30 am Rhonda No class 9/1	Step 10:15-10:45 am Latasha (Aerobic Studio)	Yoga 10:00-10:45 am Latasha (Aerobic Studio)
	Low-Impact Circuit 11:00-11:45 am Katarina (Gym)	Water Walking 12:15-12:45 pm Rhonda	Silver Sneakers® Classic 11:00-11:45 am Rhonda	Silver Sneakers® Cardio 11:00-11:45 am 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	AQUAZUMBA® 11:00-11:45 am Elizabeth	Water Walking 12:15-12:45 pm Rhonda No class 9/1	Aqua Cycle 12:15-1:00 pm Latasha	
	SACC Gym 3:00- 5:00pm	Line Dancing 1:00-1:45 pm (Senior Room)	Aqua Fit 12:15-1:00 pm Rhonda	Aqua Jogging 12:45-1:15 Rhonda h No class 9/1	SACC Gym 3:00- 5:00pm	
		SmartFit 1:45-2:30 pm Rhonda		Senior Line Dancing 10:00 - 12:00pm (Senior Room)		
	Yoga 5:00-5:45 pm Kaily (Aerobic Studio)	SACC Gym 3:00- 5:00pm	SACC Gym 3:00-5:00pm	SACC Gym 3:00- 5:00pm	Family Basketball 5:00-7:45pm	Aqua Cycle 12:00-12:45pm Latasha
		BODYPUMP™ 5:15-6:00 pm Rhonda	Family Kicks 5:30-6:15 pm Desmond (Aerobic Studio)	BODYPUMP™ 5:15-6:00 pm Rhonda No class 9/1	Zumba® 5:15-6:00 pm Elizabeth	Family Kicks 12:00-12:45 pm Desmond (Aerobic Studio)
	Barre Fusion 6:00-7:00 pm Tetiana (Aerobic Studio)	Amazing Abs 6:15-6:45 pm Rhonda	BOOT CAMP 6:30-7:30 pm Coach Wellness Floor	Group Cycling 6:15-7:00 pm Rhonda No class 9/1	Yin Yoga 6:15-7:00 pm Elizabeth	
	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.