

**DELAWARE FAMILY YMCA  
GROUP FITNESS SCHEDULE  
NOVEMBER 2022**



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>Low-Impact Cardio Circuit</b> 7:00-8:00 am Dani	<b>Open Gym</b> 6:00-9:30 am	<b>Pickleball</b> 9:00-11:00am	<b>Open Gym</b> 6:00-9:30 am	<b>Open Gym</b> 6:00-9:30 am	<b>Pickleball</b> 9:00- 11:00am
	<b>Pickleball</b> 9:00-11:00 am					
	<b>Low-Impact Strength &amp; Conditioning</b> 9:00-9:30 am Dani (Studio)	<b>Silver Sneakers Classic®</b> 9:30-10:15 am Kat No class 11/15 & 11/29		<b>BODYPUMP®</b> 6:30-7:15 am Becky	<b>NEW TIME!! Silver Sneakers Yoga®</b> 9:30-10:15 am am Katarina No class 11/4 or 11/25	<b>BODYPUMP®</b> 9:30-10:15 am Katarina
	<b>Aqua Fit</b> 10:00-10:45 am Dani	<b>Silver Sneakers Yoga®</b> 10:30-11:15 am Kat No class 11/15 & 11/29	<b>Aqua Fit</b> 10:00-10:45 am	<b>Low-Impact Strength &amp; Conditioning</b> 8:30-9:00 am Dani (Studio)		
	<b>Silver Sneakers Classic®</b> 11:15-12:00 pm Annette	<b>Yoga</b> 11:30-12:15 pm Kaily	<b>Silver Sneakers Classic®</b> 11:15-12:00 pm  Katarina No class 11/16 & 11/23	<b>Silver Sneakers Classic®</b> 9:30-10:15 am Dani		<b>Group Cycling</b> 10:30-11:15 am Katarina
	<b>SACC Gym</b> 3:00-5:00 pm	<b>SACC Gym</b> 3:00-5:00 pm		<b>SACC gym</b> 3:00-5:00 pm		<b>Yoga Express</b> 11:30-12:00 pm Katarina
	<b>Open Gym</b> 5:00-6:00 pm	<b>Open Gym</b> 5:00-7:45 pm	<b>SACC Gym</b> 3:00-5:00 pm	<b>Open Gym</b> 5:00-7:45 pm		
	<b>Pilates</b> 5:00-5:45 pm Annette			<b>Group Cycling</b> 5:15-5:45 pm Katarina No class 11/3		
	<b>Zumba</b> 6:00-6:45 pm Annette (Gym)	<b>Group Cycling</b> 5:15-5:45 pm Katarina	<b>Pilates</b> 5:00-5:45 pm Annette	<b>Yoga</b> 6:00-6:45 pm Katarina No class 11/3	<b>SACC Gym</b> 3:00-5:00 pm	
	<b>BODYPUMP™</b> 6:00-7:00pm Melissa No class 10/31	<b>Aqua Fit</b> 6:00 – 6:45 pm Ann	<b>HIIT</b> 6:00-6:45 pm Annette	<b>Aqua Fit</b> 6:00 – 6:45 pm Ann	<b>Open Gym</b> 5:00-7:45 pm	<b>Open Gym</b> 12:00-12:45 pm
		<b>Aqua Fit</b> 7:00 – 7:45 pm Ann		<b>Aqua Fit</b> 7:00 – 7:45 pm Ann		

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

