

William-Emslie FAMILY YMCA
GROUP FITNESS SCHEDULE
NOVEMBER 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)		Low-Impact Circuit 11:00-11:45 am Katarina No Class 11/4 & 11/25
	Strength & Conditioning 10:00-10:45 am Katarina (Studio)		Silver Sneakers® Yoga 11:00-11:45 am Rhonda		Silver Sneakers® Classic 11:00-11:45 am Rhonda	
	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	Silver Sneakers® Cardio 11:00-11:45 am No class 9/1	Aqua Cycle 12:15-1:00 pm Katarina No class 11/25	Yoga 10:00-10:45 am Latasha (Aerobic Studio) No class 11/19
	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		SACC Gym 3:00- 5:00pm
	SACC Gym 3:00- 5:00pm	Line Dancing 1:00-1:45 pm (Senior Room)	SACC Gym 3:00-5:00pm	Aqua Jogging 12:45-1:15 Rhonda	SACC Gym 3:00- 5:00pm	
	BODYPUMP™ 4:00-4:45 pm Member Challenge	SmartFit 1:45-2:30 pm Rhonda		Senior Line Dancing 10:00 - 12:00pm (Senior Room)		SACC Gym 3:00- 5:00pm
	Aqua Cycle 5:15-6:00 pm Member Challenge	SACC Gym 3:00- 5:00pm	Family Kicks 4:00-4:45 pm Desmond	SACC Gym 3:00- 5:00pm	Zumba® 5:15-6:00 pm Elizabeth	
	Yoga 5:00-5:45 pm Kaily (Aerobic Studio)	BODYPUMP™ 5:15-6:00 pm Rhonda	BODYPUMP™ 5:00-6:00 pm Member Challenge	BODYPUMP™ 5:15-6:00 pm Rhonda		Yin Yoga 6:15-7:00 pm Elizabeth
	Amazing Abs 6:15-6:45 pm Rhonda	Open Basketball 5:30-7:45pm	BOOT CAMP 6:30-7:30 pm Coach Wellness Floor	Group Cycling 6:15-7:00 pm Rhonda	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.