

**DELAWARE FAMILY YMCA
GROUP FITNESS SCHEDULE
JANUARY 2023, STARTS JAN 2ND**



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Pickleball 9:00-11:00 am	Open Gym 6:00-9:30 am	Pickleball 9:00-11:00am	Open Gym 6:00-9:30 am	Open Gym 6:00-9:30 am	Pickleball 9:00- 11:00am
		Silver Sneakers Classic® 9:30-10:15 am Kat		BODYPUMP® 6:30-7:15 am Becky		
	Silver Sneakers Yoga® 10:30-11:15 am	Yoga 11:30-12:15 pm Kat	Silver Sneakers Classic® 11:15-12:00 pm Claudia/Kat	Silver Sneakers Classic® 9:30-10:15 am Claudia/Kat	Silver Sneakers Yoga® 9:30-10:15 am Katarina	BODYPUMP® 9:30-10:15 am Katarina
	Silver Sneakers Classic® 11:15-12:00 pm Annette			Group Cycling 10:30-11:15 am Katarina		
	SACC Gym 3:00-5:00 pm	SACC Gym 3:00-5:00 pm	SACC Gym 3:00-5:00 pm	SACC gym 3:00-5:00 pm	Yoga Express 11:30-12:00 pm Katarina	Yoga Express 11:30-12:00 pm Katarina
	Open Gym 5:00-6:00 pm	Open Gym 5:00-7:45 pm		Open Gym 5:00-7:45 pm		
	Pilates 5:00-5:45 pm Annette	Group Cycling 5:15-5:45 pm Katarina	Pilates 5:00-5:45 pm Annette	Group Cycling 5:15-5:45 pm Katarina No class 1/26	SACC Gym 3:00-5:00 pm	Open Gym 5:00-7:45 pm
	Zumba 6:00-6:45 pm Annette			Yoga 6:00-6:45 pm Katarina No class 1/26		
	BODYPUMP 6:00-6:45 pm Katarina			Open Gym 12:00-12:45 pm		

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