

William-Emslie FAMILY YMCA  
**GROUP FITNESS SCHEDULE**  
**January Starts Jan 23, 2023**



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Open Gym 6am-3pm	Open Gym 6am-9am	Open Gym 6am-10am	Open Gym 6am-9am	Open Gym 6am-10am	Family Basketball 9:00- 11:00am
		<b>Pickleball</b> 9:00-11:00 am (Gym)	<b>SS® Yoga</b> 10:00-10:45 am Elizabeth	<b>Pickleball</b> 9:00-11:00 am (Gym)		Open Gym 11:00-1:00pm
		<b>Silver Sneakers® Yoga</b> 11:00-11:45 am Rhonda	<b>Silver Sneakers® Classic</b> 11:00-11:45 am Rhonda	<b>Amazing Abs</b> 10:00 am-10:30 am Rhonda	<b>Walking Club</b> 11:00-11:45 am Rhonda	<b>BODYPUMP™</b> 8:45-9:45 am Member Challenge
		<b>Water Walking</b> 12:15-12:45 pm Rhonda	<b>Aqua Fit</b> 12:15-1:00 pm Rhonda	<b>Silver Sneakers® Cardio</b> 11:00-11:45 am Rhonda	<b>Aqua Cycle</b> 12:15-1:00 pm Rhonda	<b>Yoga</b> 10:00-10:45 am Latasha (Aerobic Studio)
		<b>Aqua Jogging 12:45-1:15</b> Rhonda		<b>Water Walking</b> 12:15-12:45 pm Rhonda		
	SACC Gym 3:00- 5:00pm	<b>Line Dancing</b> 1:00-1:45 pm (Senior Room)	SACC Gym 3:00-5:00pm (1/2 Gym)	<b>Aqua Jogging</b> 12:45-1:15 Rhonda	SACC Gym 3:00- 5:00pm	<b>Family Kicks</b> 12:00-12:45 pm Desmond (Aerobic Studio)
	<b>BODYPUMP™</b> 4:00-4:45 pm Member Challenge	SmartFit 1:45-2:30 pm Rhonda		Senior Line Dancing 10:00 - 12:00pm (Senior Room)		
	<b>Group Cycle</b> 5:00-5:45 pm Member Challenge	SACC Gym 3:00- 5:00pm	<b>Family Kicks</b> 4:00-4:45 pm Desmond (1/2 Gym)	SACC Gym 3:00- 5:00pm	<b>Family Basketball</b> 5:00-7:45pm	
	<b>Yoga</b> 6:00-6:45 am Elizabeth	<b>BODYPUMP™</b> 5:15-6:00 pm Rhonda	<b>BODYPUMP™</b> 4:00-5:00 pm Member Challenge	<b>BODYPUMP™</b> 5:15-6:00 pm Rhonda	<b>Yoga</b> 5:15-6:00 pm Elizabeth	
		<b>Amazing Abs</b> 6:15-6:45 pm Rhonda	<b>BOOT CAMP</b> 5:30-6:30 pm Coach	<b>Group Cycling</b> 6:15-7:00 pm Rhonda	<b>Yin Yoga</b> 6:15-7:00 pm Elizabeth	
	<b>Open Basketball 5:30-7:45pm</b>	<b>Open Basketball</b> 5:30-7:45pm	<b>Family Basketball</b> 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.