

William-Emslie FAMILY YMCA  
**GROUP FITNESS SCHEDULE**  
**March Preliminary**



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	<b>Track Club Registration Required 8:00 am – 10:00 am</b>
		<b>Pickleball</b> 9:00-11:00 am (Gym)		<b>Pickleball</b> 9:00-11:00 am (Gym)		
	<b>Aqua Zumba 11:00-12:00pm Starting March 13<sup>th</sup></b>	<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>Water Walking</b> 12:15-12:45 pm Rhonda	<b>Aqua Fit</b> 12:15-1:00 pm Rhonda	<b>Senior Line Dancing</b> 10:00 - 12:00pm (Senior Room)	<b>Aqua Cycle</b> 12:15-1:00 pm Rhonda	<b>Family Kicks</b> 12:00-12:45 pm Desmond (Aerobic Studio)
		<b>Aqua Jogging 12:45-1:15</b> Rhonda		<b>Silver Sneakers® Cardio</b> 11:00-11:45 am <b>Rhonda</b>		
	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>Water Walking</b> 12:15-12:45 pm Rhonda	SACC Gym 3:00- 5:00pm	<b>Open Basketball 11:00 am – 2:45 pm</b>
		<b>SmartFit</b> 2:00pm-2:45 pm Rhonda		<b>Aqua Jogging</b> 12:45-1:15 Rhonda		
		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>BODYPUMP™</b> 5:15-6:00 pm Rhonda	<b>BOOT CAMP</b> 5:30-6:30 pm Coach	<b>BODYPUMP™</b> 5:15-6:00 pm Rhonda		
		<b>Amazing Abs</b> 6:15-6:45 pm Rhonda	<b>Zumba</b> 6:30-7:30 pm CJ starting March 15th	<b>Group Cycling</b> 6:15-7:00 pm Rhonda		
	<b>Track Club Registration Required 5:00 – 7:30 pm</b>	<b>Open Basketball 5:00 pm – 7:45 pm</b>	<b>Track Club Registration Required 5:00 – 7:30 pm</b>	<b>Open Basketball 5:00 pm – 7:45 pm</b>	<b>Track Club Registration Required 5:00 – 7:30 pm</b>	