

**DELAWARE FAMILY YMCA  
GROUP FITNESS SCHEDULE  
MAY 2023**



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>Pickleball</b> 9:00-11:00 am	<b>Open Gym</b> 6:00-9:30 am	<b>Pickleball</b> 9:00-11:00am	<b>Open Gym</b> 6:00-8:45 am	<b>Open Gym</b> 6:00-9:30 am	<b>Pickleball</b> 9:00- 11:00am
		<b>Pilates</b> 9:15-10 am <b>Michelle</b>		<b>Body Pump</b> 6:15-7:00 am <b>Becky</b>	<b>Pilates</b> 9:10-10:50 am <b>Michelle</b>	
		<b>Silver Sneakers Classic®</b> 10:00-10:45 am <b>Claudia</b>		<b>Adaptive Yoga</b> 9:00-9:45 am <b>Michelle</b>	<b>Healthy Back</b> 10:00-10:45 am <b>Michelle</b> <b>In studio</b>	
	<b>Silver Sneakers Classic®</b> 11:15-12:00 pm <b>Annette</b>	<b>Adaptive Yoga</b> 11:00-11:45 am <b>Michelle</b>	<b>Silver Sneakers Classic®</b> 11:15-12:00 pm <b>Claudia</b>	<b>Silver Sneakers Classic®</b> 10:00-10:45 am <b>Claudia</b>	<b>Adaptive Yoga</b> 11:00-11:45 am <b>Michelle</b>	
		<b>Beginner Pickleball</b> 1:00-3:00 pm		<b>Beginner Pickleball</b> 1:00-3:00 pm		<b>Open Gym</b> 11:00-2:45 pm
	<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>SACC Gym</b> 3:00-5:00 pm	<b>SACC Gym</b> 3:00-5:00 pm	
	<b>Pilates</b> 5:00-5:45 pm <b>Annette</b>	<b>Yoga</b> 5-5:45 pm <b>Michelle</b>	<b>Pilates</b> 5:00-5:45 pm <b>Annette</b>	<b>Yoga</b> 5-5:45 pm <b>Michelle</b>	<b>Open Gym</b> 5:00-7:45 pm	
	<b>Zumba</b> 6:00-6:45 pm Annette	<b>Cardio Kickboxing</b> 6-6:45 pm <b>Michelle</b>	<b>HIIT</b> 6:00-6:45 pm Annette			
	<b>Open Gym</b> 5:00-6:00 pm	<b>Open Gym</b> 5:00-7:45 pm		<b>Open Gym</b> 5:00-7:45 pm		
						4/7/2023