

William-Emslie FAMILY YMCA
GROUP FITNESS SCHEDULE
May 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	Track Club Registration Required 8:30 am – 10:30 am
		Pickleball 9:00-11:00 am (Gym)		Pickleball 9:00-11:00 am (Gym)	Walking Club 10:30-11:00 am Rhonda	
	Walking With Ease 1:15-2:15 (Registration only) Michelle (Gym or outside)	Silver Sneakers® Yoga 11:00-11:45 am Rhonda	Silver Sneakers® Classic 11:00-11:45 am Rhonda	Amazing Abs 10:00 am-10:30 am Rhonda	Aqua Cycle 11:00-12:00 pm Rhonda (Registration only)	Pickleball 11:00-1:00pm (Half Gym)
	Pickleball 1:00-3:00pm (Gym)	Water Walking 12:15-12:45 pm Rhonda	Walking With Ease 1:15-2:15 (Registration only) Rhonda (Gym or outside)	Senior Line Dancing 10:00 - 12:00pm (Senior Room)	Aqua Cycle 12:00-12:45 pm Rhonda (Registration only)	Family Kicks 12:00-12:45 pm Desmond (Aerobic Studio) NO CLASS 4/1
		Aqua Jogging 12:45-1:15 Rhonda	Aqua Fit 12:15-1:00 pm Rhonda	Silver Sneakers® Cardio 11:00-11:45 am Rhonda	Walking With Ease 1:15-2:15 (Registration only) Rhonda (Gym or outside)	
	SACC Gym 3:00- 5:00pm	SmartFit® 2:00pm-2:45 pm Rhonda	SACC Gym 3:00-5:00pm (1/2 Gym)	SmartFit® 12:00-3:00 pm Michelle/Rhonda (Registration only)	SACC Gym 3:00- 5:00pm	Open Basketball 11:00 am – 2:45 pm
		SACC Gym 3:00- 5:00pm		Water Walking 12:15-12:45 pm Rhonda		
		BODYPUMP™ 5:15-6:00 pm Rhonda	Family Kicks 3:30-4:15 pm Desmond	Aqua Jogging 12:45-1:15 Rhonda		
		Amazing Abs 6:15-6:45 pm Rhonda	BOOT CAMP 6:30-7:30 pm Coach	SACC Gym 3:00- 5:00pm	Track Club Registration Required 4:30 – 6:30 pm	
				BODYPUMP™ 5:15-6:00 pm Rhonda		
	Track Club Registration Required 4:30 – 6:30 pm	Open Basketball 6:00 pm – 7:45 pm	Track Club Registration Required 4:30 – 6:30 pm	Group Cycling 6:15-7:00 pm Rhonda		
				Open Basketball 6:00 pm – 7:45 pm		

Schedule subject to change. For more information, please call the William-Emslie Branch at (716) 845-5440.