



**DELAWARE FAMILY YMCA
STUDIO SCHEDULE
JUNE 2023**



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
 <p>FREE COMMUNITY EXERCISE CLASSES</p> <p>Get Fit for FREE with Fitness in the Park!</p> <p>June 1-August 31</p> 				Body Pump 6:15-7:00 am Becky			
		Pilates 9:15-10 am Michelle (No Class June 6)			Pilates 9:10-9:55 am Michelle (No class June 9, 23)		
					Healthy Back 10:00-10:45 am Michelle (No class June 9, 23)		
	Pilates 5:00-5:45 pm Annette	Yoga 5-5:45 pm Savana	Pilates 5:00-5:45 pm Annette	Yoga 5-5:45 pm Savana			
	Zumba 6:00-6:45 pm Annette	Cardio Kickboxing 6-6:45 pm Michelle (No Class June 6)	HIIT 6:00-6:45 pm Annette	Zumba 6-7 pm Brenda			

DELAWARE FAMILY YMCA
GYM SCHEDULE
JUNE 2023



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 6:00-8:45 am	Open Gym 6:00-9:30 am	Pickleball 9:00- 11:00am
		Silver Sneakers Classic® 10:00-10:45 am Claudia		Adaptive Yoga 9:00-9:45 am Michelle (No Class June 8)		
	Silver Sneakers Classic® 11:15-12:00 pm Annette	Adaptive Yoga 11:00-11:45 am Michelle (No class June 6)	Silver Sneakers Classic® 11:15-12:00 pm Claudia	Silver Sneakers Classic® 10:00-10:45 am Claudia	Adaptive Yoga 11:00-11:45 am Michelle (No Class June 9,23)	
		Beginner Pickleball 1:00-3:00 pm		Beginner Pickleball 1:00-3:00 pm		Open Gym 11:00-2:45 pm
	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	SACC Gym 3:00-5:00 pm	
	Open Gym 5:00-6:00 pm	Open Gym 5:00-7:45 pm		Open Gym 5:00-7:45 pm		



FREE COMMUNITY EXERCISE CLASSES

Get Fit for FREE with Fitness in the Park!

June 1-August 31

