

**DELAWARE FAMILY YMCA
STUDIO SCHEDULE
SEPTEMBER 2023**



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				Body Pump 6:15-7:00 am Becky		Zumba 10:00am (No class Sep 2 & 23) Brenda
						Aqua Zumba 11:00am (No class Sep 2 & 23) Brenda
	Pilates 5:00-5:45 pm Annette		Pilates 5:00-5:45 pm Annette	Yoga 5:00-5:45pm Michelle		
	Zumba 6:00-6:45 pm Annette	Body Pump 6:00pm Katerina	HIIT 6:00-6:45 pm Annette	Zumba 6-7 pm Brenda		

**DELAWARE FAMILY YMCA
GYM SCHEDULE
SEPTEMBER 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 6:00-9:00 am	Pickleball 9:00- 11:00am
		Silver Sneakers Classic® 10:00-10:45 am Claudia		Silver Sneakers Yoga® 9:00-9:45 am Michelle	Pilates 9:15-10 am Michelle	
	Silver Sneakers Classic® 11:15-12:00 pm Annette		Silver Sneakers Classic® 11:15-12:00 pm Claudia	Silver Sneakers Classic® 10:00-10:45 am Claudia	Healthy Back 10:15-11:00 am Michelle	
		Beginner Pickleball 1:00-3:00 pm		Beginner Pickleball 1:00-3:00 pm		Open Gym 11:00-12:45 pm
	SACC 3:00-5:00PM	SACC 3:00-5:00PM	SACC 3:00-5:00PM	SACC 3:00-5:00PM	SACC 3:00-5:00PM	
	Open Gym 5:00- 7:45 pm	Open Gym 5:00- 7:45 pm	Open Gym 5:00- 7:45 pm	Open Gym 5:00- 7:45 pm	Open Gym 5:00- 7:45 pm	