

William-Emslie Family YMCA

Group Fitness Schedule

September

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Open Gym 6am-9am	Open Gym 6am-9am	Open Gym 6am-9am	Open Gym 6am-9am	Open Gym 6am-9am	Open Gym 8:00am 9:00am (Full Gym) Pickleball 9:00 – 1:00pm (Untill Sep 16th) 9:00-11am (Starting Sep 16th) (Full Gym)
		Pickleball 9:00-10:45 am (Gym)		Pickleball 9:00-10:45 am (Gym)		
	Silver Sneakers® Classic (Starting 9/11) 10:00-10:45am Michelle		Core and More (Starting 9/13) 10:00-10:45am Rhonda	Amazing Abs 10:00 am-10:30 am Rhonda Senior Line Dancing 10:00 - 12:00pm (Senior Room)	Walking Club 10:15-11:00 am Rhonda	
	Silver Sneakers® Yoga 11:00-11:45am Michelle	Silver Sneakers® Yoga 11:00-11:45 am Rhonda	Silver Sneakers® Classic 11:00-11:45 am Rhonda	Silver Sneakers® Cardio 11:00-11:45 am Rhonda	Aqua Cycle 11:30 – 12:15pm	Teen Leadership Program 11:00-1:00pm (Full Gym) Starting Sep 16th
	Pickleball 1:00-3:00pm (Gym)	Water Waking 12:15 – 12:45 Aqua Jogging 12:45 – 1:15 pm	Aqua Fit 12:15-1:00pm Rhonda	Water Waking 12:15 – 12:45 Aqua Jogging 12:45 – 1:15 pm	Aqua Cycle 12:15 – 1:00pm	
		SmartFit® 2:00-2:45 pm Rhonda				
	SACC (Gym) 3:00- 5:00pm	SACC (Gym) 3:00- 5:00pm	SACC (Gym) 3:00- 5:00pm	SACC (Gym) 3:00- 5:00pm	SACC (Gym) 3:00- 5:00pm	
		BODYPUMP™ 5:15-6:00 pm Rhonda		BODYPUMP™ 5:15-6:00 pm Rhonda		
		Amazing Abs 6:15-7:00 pm Rhonda	BOOT CAMP 5:30-6:30 pm Coach (In wellness room)	Group Cycling 6:15-7:00 pm Rhonda		
	Open Basketball 5:00 pm – 7:45 pm	Open Basketball 6:00 pm – 7:45 pm	Open Basketball 5:00 pm – 7:45 pm	Open Basketball 6:00 pm – 7:45 pm	Open Basketball 5:00 – 7:45 pm	