

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



Member Info	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>A Slice of Thankfulness</b>	<b>Open Gym</b> 6:00-9:00 am	<b>Open Gym</b> 6:00-9:30 am	<b>Open Gym</b> 6:00-9:00 am	<b>Open Gym</b> 6:00-8:45 am	<b>Open Gym</b> 6:00-10:00 am	<b>Pickleball</b> 9:00- 11:00am
	<b>Pickleball</b> 9:00-11:00 am		<b>Pickleball</b> 9:00-11:00 am	<b>Body Pump</b> 6:15-7:00am <b>Becky</b>		
<b>Tuesday,</b>				<b>DRUMS ALIVE</b> <b>Evelyn</b> <b>9:15-10:00am</b> <b>(No class 11/16)</b>	<b>Pilates</b> 9:15-10 am <b>Michelle</b> <b>(No Class Nov 3 &amp; 10)</b>	
<b>November 21</b>	<b>Zumba</b> <b>Evelyn</b> <b>10:00-10:45am</b>	<b>Aqua Fit</b> <b>Nick</b> <b>10:00-10:45am</b>		<b>Aqua Fit</b> <b>Nick</b> <b>10:00-10:45am</b>		
<b>4:00 – 6:00 pm</b>	<b>Water Ball</b> <b>(Independent Exercise)</b> <b>10:00-10:45</b>	<b>Silver Sneakers Classic®</b> 10:00-10:45 am <b>Claudia</b>	<b>Water Ball</b> <b>(Independent Exercise)</b> <b>10:00-10:45</b>	<b>Silver Sneakers Classic®</b> 10:00-10:45 am <b>Claudia</b> <b>(No Class Nov 2 &amp; 23)</b>	<b>Water Ball</b> <b>(Independent Exercise)</b> <b>10:00-10:45</b>	<b>Zumba</b> 10:00am <b>Brenda</b>
<b>Holiday Movie and Craft Night</b>	<b>Silver Sneakers Classic®</b> 11:15-12:00 pm <b>Annette</b>	<b>Silver Sneakers EnerChi</b> <b>Coming Soon</b>	<b>Silver Sneakers Classic®</b> 11:15-12:00 pm <b>Claudia</b>	<b>Silver Sneakers EnerChi</b> <b>Coming Soon</b>	<b>Healthy Back</b> 10:15-11:00 am <b>Michelle</b> <b>(No Class Nov 3 &amp; 10)</b>	
	<b>Water Walking</b> <b>(Independent Exercise)</b> <b>11:00-11:45am</b> <b>12:00-12:45pm</b>	<b>Water Walking</b> <b>(Independent Exercise)</b> <b>11:00-11:45am</b> <b>12:00-12:45pm</b>	<b>Water Walking</b> <b>(Independent Exercise)</b> <b>11:00-11:45am</b> <b>12:00-12:45pm</b>	<b>Water Walking</b> <b>(Independent Exercise)</b> <b>11:00-11:45am</b> <b>12:00-12:45pm</b>	<b>Water Walking</b> <b>(Independent Exercise)</b> <b>11:00-11:45am</b> <b>12:00-12:45pm</b>	<b>Aqua Zumba</b> 11:00am <b>Brenda</b>
<b>Friday,</b>		<b>Beginner Pickleball</b> 1:00-3:00 pm		<b>Beginner Pickleball</b> 1:00-3:00 pm		<b>Open Gym</b> 11:00-12:45 pm
<b>December 1</b>	<b>SACC</b> <b>3:00-5:00PM</b>	<b>SACC</b> <b>3:00-5:00PM</b>	<b>SACC</b> <b>3:00-5:00PM</b>	<b>SACC</b> <b>3:00-5:00PM</b>	<b>SACC</b> <b>3:00-5:00PM</b>	
	<b>Pilates</b> 5:00-5:45 pm <b>Annette</b>	<b>Yoga</b> 5:00-5:45pm <b>Katerina</b>	<b>Pilates</b> 5:00-5:45 pm <b>Annette</b>	<b>Yoga</b> 5:00-5:45pm <b>Melissa</b> <b>(No Class Nov 23)</b>		
<b>6:00 pm – 8:00 pm</b>	<b>Zumba</b> 6:00-6:45 pm <b>Annette</b>	<b>Body Pump</b> 6:00pm <b>Katerina</b>	<b>HIIT</b> 6:00-6:45 pm <b>Annette</b>	<b>Zumba</b> 6-7 pm <b>Brenda</b> <b>(No Class Nov 23)</b>		
<b>See Front Desk to register</b>	<b>Open Gym</b> 5:00- 7:45 pm	<b>Open Gym</b> 5:00- 7:45 pm	<b>Open Gym</b> 5:00- 7:45 pm	<b>Open Gym</b> 5:00- 7:45 pm	<b>Open Gym</b> 5:00- 7:45 pm	

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### **Branch Hours:**

**Monday - Friday 6:00 am - 8:00 pm**  
**Saturday 8:00 am - 1:00 pm**

**Child Watch Mon, Wed. Thur: 5:00 – 7:30 pm**

**Tues: 5:30 – 7:30**

**Saturday: 9:00 am – 12:30 pm**

Ages 3 months-12 years \*YMCA Members only\*

Child Watch is a benefit for Y family members (Family with Children or Individual Parent Family membership) who are involved in on-site programming. Children are supervised in a safe environment with games and activities to keep them happy while parents/guardians participate in Y programs or activities. Parents/guardians must stay on the premises. We recommend that babies be brought in with an infant seat.

## **WELLNESS CENTER**

Ages 10-11

- Must complete orientation.
- Must be accompanied by an adult at all times.
- Allowed to use track and cardio equipment.
- Not allowed to use free weight equipment.
- May participate in group exercise classes, if accompanied by an adult and at the discretion of the instructor.

Ages 12-14

- Must complete orientation.
- Do not need to be accompanied by an adult.
- Allowed to use track and cardio equipment.
- Allowed to use some strength training equipment.
- Not allowed to use free weight equipment.

Ages 15 & up

May use Wellness Center, track, and attend group exercise classes independently.

Other Age Requirements:

- Open/Lap Swim: 12 years old (must pass a swim test)
- Sauna: 18 years old

**Mature behavior is expected in all areas and the YMCA reserves the right to exclude anyone who does not adhere to YMCA guidelines and safety standards.**