

William-Emslie Family YMCA

Group Fitness Schedule

November

Member Info	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
A Slice of Thankfulness	Open Gym 6am-6:45am 8am-9:45am	Open Gym 6am-9am	Open Gym 6am-6:45am 8am-9:45am	Open Gym 6am-9am	Open Gym 6am-6:45am 8am-10am	Open Gym 8:00am 9:00am (Full Gym)
	Monday, November 20	Group Cycling 7:00-7:45am Paulette	Pickleball 9:00-10:45 am (Gym)	Group Cycling 7:00-7:45 Paulette	Pickleball 9:00-10:45 am (Gym)	Group Cycling 7:00-7:45am Paulette (No Class Nov 3)
4:00 – 6:00 pm	Silver Sneakers® Classic 10:00-10:45am Michelle	Adaptive Yoga 11:00-11:45 am Rhonda	Core and More 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	Teen Leadership Program 11:00-1:00pm (Full Gym)
	Silver Sneakers® Yoga 11:00-11:45am Michelle	Zumba 12:00-12:45 am Nichole	Low Impact Strength & Conditioning 11:00-11:45 am Rhonda	Cardio Dance 11:00-11:45 am Rhonda	Strength & Conditioning 12:00-12:45 am Nichole (Starting 11/17)	
Holiday Movie and Craft Night	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 11:30 – 12:15pm	
		SmartFit® 2:00-2:45 pm Rhonda			Aqua Cycle 12:15 – 1:00pm	
Saturday, December 2	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		
11:00 am – 1:00 pm		Amazing Abs 6:15-7:00 pm Rhonda		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	
See Front Desk to register						

Branch Hours:

Monday - Friday 6:00 am - 8:00 pm

Saturday 8:00 am - 1:00 pm

Child Watch Monday – Friday 5:00 – 7:30 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.

Kids Time Sat: 10:00 am – 12:30 pm

Ages 5-12 years *YMCA Members only*

Fun and friends await children in this supervised and safe program! Special activities are geared to keep children active and entertained while enabling parents to run errands or spend time together. Children will enjoy arts & crafts, swimming, playing in the gym and more! Children must be registered in advance required by the Wednesday prior to the Saturday attending.

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.