

William-Emslie Family YMCA

Group Fitness Schedule

April 2024- Revised 3.27.24

Member Info	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Walk with Ease Starts 4/8 Registration Underway</p> <p>SilverSneakers Classic® & SilverSneakers Yoga® Are back!</p> <p>NEW! YOUTH SPORTS CLASSES Register now!</p>	Open Gym 6:00am-9:00am	Open Gym 6am-7:00am	Open Gym 6am-6:45am 8am-9:00am	Open Gym 6am-6:45am 8am-9:00am	Open Gym 6am-6:45am	Open Gym 8:00am 11:00am
	Pickleball 9:00-10:45am	Group Cycling 7:00-7:45 Paulette	Group Cycling 7:00-7:45 Paulette	Group Cycling 7:00-7:45 Paulette	Pickleball 7:00-10:00 am	Pickleball 11:00-12:45pm (Full Gym)
	Open Gym 10:45-11:45am		Pickleball 9:00-10:45 am		Open Gym 10:00-1:00pm	
	SilverSneakers Classic® (Begins 4/15) 11:00-11:45pm Jamie	Open Gym 8:00-8:45am	Aquafit 10:00-10:45am Rhonda	Senior Line Dancing 10:00 - 12:00pm (Senior Room)		
		Pickleball 9:00-10:45 am	Open Gym 11:00am-1:00pm	Pickleball 9:00-10:45 am	Strength & Conditioning 10:00-10:45am Nichole	
		Open Gym 11:00am-12:00pm	SilverSneakers Classic® 11:00am-11:45am Rhonda	Core & More 10:00pm-10:45pm Rhonda	Aqua Cycle 10:00-10:45am Rhonda	
	Pickleball 12:00-3:00pm (Gym)	Core & More 10:00-10:45 am Rhonda	Amazing Abs 12:00-12:30pm Rhonda		SilverSneakers Classic® 11:00-11:45am Rhonda	
	Walk with Ease (4/8-5/17- Gym) 1:15-2:00pm Jamie	SilverSneakers Yoga® 11:00-11:45am Rhonda	Walk with Ease (4/8-5/17) 1:15-2:00pm Rhonda	Cardio Dance 11:00-11:45 pm Rhonda	Walk with Ease (4/8-5/17) 1:15-2:00pm Rhonda	
	SACC (Gym) 3:00- 4:30pm	Zumba® 12:00-12:45 pm Nichole	Open Gym 2:00-3:00pm			
			SACC (Gym) 3:00-4:30pm		SACC (Gym) 3:00- 4:30pm	
	Track (6-9 yrs) 4:30-5:30pm Track (10-12 yrs) 5:30-6:30pm Coach	Smartfit 2:00-2:45pm Rhonda	Track (6-9 yrs) 4:30-5:30pm	Open Gym 11:00-3:00pm	Track (6-9 yrs) 4:30-5:30pm	
			Track (10-12 yrs) 5:30-6:30pm Coach		SACC (Gym) 3:00- 5:00pm	
		Open Gym 2:00-3:00pm	Yoga 5:00-5:45pm Melissa	Pee Wee Basketball 5:15-6:00pm (½ Gym)		
	Open Basketball 6:30- 7:45 pm	SACC (Gym) 3:00- 5:00pm	Qigong 6:00-6:45 Melissa	Youth Basketball 6:15-7:00pm (1/2 gym)	Open Basketball 6:30- 7:45 pm	
	Open Basketball 5:00- 7:45 pm	Open Basketball 6:30-7:45pm	Open Gym 7:00-7:45pm			

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Branch Hours:

Monday – Friday 6:00 am - 8:00 pm, Saturday 8:00am – 1:00pm

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