

William-Emslie Family YMCA

Group Fitness Schedule

April 2024- Revised 4-8-24

Member Info	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<p>Due to Solar Eclipse the William-Emslie YMCA will be closing at 12:00 pm</p> <p>Walk with Ease Registration Underway Due to early closure on 4/8 for the Solar Eclipse- the Walk with Ease Program will start Wed. 4/10 and end Monday 5/20</p> <p>SilverSneakers Classic® & SilverSneakers Yoga® Are back!</p> <p>NEW! YOUTH SPORTS CLASSES Register now!</p>	<p>Open Gym 6:00am-9:00am</p>	<p>Open Gym 6am-7:00am</p>	<p>Open Gym 6am-6:45am 8am-9:00am</p>	<p>Open Gym 6am-6:45am 8am-9:00am</p>	<p>Open Gym 6am-6:45am</p>	<p>Open Gym 8:00am 11:00am</p>	
	<p>Pickleball 9:00-10:45am</p>	<p>Group Cycling 7:00-7:45 Paulette</p>	<p>Group Cycling 7:00-7:45 Paulette</p>	<p>Group Cycling 7:00-7:45 Paulette</p>	<p>Group Cycling 7:00-7:45 Paulette</p>	<p>Pickleball 7:00-10:00 am</p>	<p>Pickleball 11:00-12:45pm (Full Gym)</p>
	<p>SilverSneakers Classic® (Begins 4/15) 11:15-12:00pm Jamie</p>	<p>Open Gym 8:00-8:45am</p>	<p>Aquafit 10:00-10:45am Rhonda</p>	<p>Senior Line Dancing 10:00 - 12:00pm (Senior Room)</p>	<p>Pickleball 9:00-10:45 am</p>	<p>Strength & Conditioning 10:15-11:00am Nichole</p>	
	<p>Pickleball 12:15-1:15pm (Gym)</p>	<p>Pickleball 9:00-10:45 am</p>	<p>SilverSneakers Classic® 11:15am-12:00pm Rhonda</p>	<p>Core & More 10:00pm-10:45pm Rhonda</p>	<p>Aqua Cycle 10:00-10:45am Rhonda</p>	<p>SilverSneakers Classic® 11:15-12:00pm Rhonda</p>	
	<p>Walk with Ease (4/10-5/20- Gym) 1:15-2:00pm Jamie</p>	<p>Core & More 10:00-10:45 am Rhonda</p>	<p>Amazing Abs 12:00-12:30pm Rhonda</p>	<p>Walk with Ease (4/10-5/20) 1:15-2:00pm Rhonda</p>	<p>Cardio Dance 11:00-11:45 pm Rhonda</p>	<p>Walk with Ease (4/10-5/20) 1:15-2:00pm Rhonda</p>	
	<p>Open Gym 2:00-3:00pm</p>	<p>Zumba® 12:00-12:45 pm Nichole</p>	<p>Open Gym 2:00-3:00pm</p>	<p>Open Gym 2:00-3:00pm</p>	<p>Open Gym 2:00-3:00pm</p>	<p>Open Gym 2:00-3:00pm</p>	
	<p>SACC (Gym) 3:00- 4:30pm</p>	<p>SACC (Gym) 3:00- 4:30pm</p>	<p>SACC (Gym) 3:00-4:30pm</p>	<p>SACC (Gym) 3:00- 4:30pm</p>	<p>SACC (Gym) 3:00- 4:30pm</p>	<p>SACC (Gym) 3:00- 4:30pm</p>	
	<p>Track (6-9 yrs) 4:30-5:30pm Track (10-12 yrs) 5:30-6:30pm Coach</p>	<p>Smartfit 2:00-2:45pm Rhonda</p>	<p>Track (6-9 yrs) 4:30-5:30pm Track (10-12 yrs) 5:30-6:30pm Coach</p>	<p>Track (6-9 yrs) 4:30-5:30pm Track (10-12 yrs) 5:30-6:30pm Coach</p>	<p>SACC (Gym) 3:00- 5:00pm</p>	<p>Track (6-9 yrs) 4:30-5:30pm Track (10-12 yrs) 5:30-6:30pm Coach</p>	
	<p>Open Basketball 6:30- 7:45 pm</p>	<p>Open Gym 2:00-3:00pm</p>	<p>Yoga 5:00-5:45pm Melissa</p>	<p>Yoga 5:00-5:45pm Melissa</p>	<p>Pee Wee Basketball 5:15-6:00pm (½ Gym)</p>	<p>Pee Wee Basketball 5:15-6:00pm (½ Gym)</p>	
	<p>Open Basketball 6:30- 7:45 pm</p>	<p>SACC (Gym) 3:00- 5:00pm</p>	<p>Qigong 6:00-6:45 Melissa</p>	<p>Qigong 6:00-6:45 Melissa</p>	<p>Youth Basketball 6:15-7:00pm (1/2 gym)</p>	<p>Youth Basketball 6:15-7:00pm (1/2 gym)</p>	
	<p>Open Basketball 6:30- 7:45 pm</p>	<p>Open Basketball 5:00- 7:45 pm</p>	<p>Open Basketball 6:30-7:45pm</p>	<p>Open Basketball 6:30-7:45pm</p>	<p>Open Gym 7:00-7:45pm</p>	<p>Open Gym 7:00-7:45pm</p>	

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